



# **Kodomon Bujutsu Nyumon**

古道門武術入門

## **A Beginner's Guide to Training in Kodomon Martial Arts**

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5th Edition 2025

Kodomon Publishing 2025

## Dedication

With the passing of Sensei Sadaharu Fujimoto in January 2019, the World lost one of the great minds of Karate-Do. Sensei was like an encyclopaedia of Karate technique and had amassed an enormous body of work including the Kata across three primary styles, with over 80 years of training experience.

He was called upon by the Japanese Emperor to demonstrate his great prowess in the skill of Tameshiwari (試し割り - Breaking Techniques) for visiting dignitaries, and is probably best known for his performance of this in the video documentary, "Budo".

I met Fujimoto Sensei on my first night of training, during one of his visits to Australia, and to say I was impressed would be an understatement. I dedicate this book in his memory.



Fujimoto Sensei 8th Dan performing Tameshiwari

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# Introduction

Welcome to Kodomon Martial Arts and the beginning of your journey in our traditional Okinawan Karate-Do, Japanese Weapon Arts, and Self Defence programs.

The following manual is the Kodomon Bujutsu Nyumon (古道門武術入門), or the Beginner's Guide to Kodomon Martial Arts. It will explain a number of useful elements of information suitable for a new student embarking on this training, covering the background of the school and teachers, training protocols and procedures and what to expect in the class structures and formats. There is also a section on the cultural aspects of our training and its origins in Okinawa and Japan and a final set of appendices, which are useful training guides.

We hope you enjoy your training experience, and that this manual provides you with useful information about our school and its practices.

Regards,

Sensei Glenn Irvine 6th Dan Renshi (DNBK)  
Chief Instructor - Kodomon Martial Arts



## Chapter 1 - Kodomon Background

### 01 - Kodomon Martial Arts History

The Kodomon Karate-Do School was founded in Redland City, East of Brisbane, Queensland in 1997, by Sensei Glenn Irvine, and has operated continuously for over 27 years, providing traditional Karate, Japanese Martial Arts and Self Defence training to students in this area.

The school teaches five main curriculum areas.

- 1) The traditional Okinawan Shurite Karate-Do program as taught by Sensei Sadaharu Fujimoto 8th Dan (1931 - 2019) of International Karate-Do Shobukai in Tokyo, Japan. Fujimoto Sensei studied under Okinawan native Sensei Hiroshi Kinjo 9th Dan (1919 - 2013), who had been considered a walking encyclopaedia of traditional Okinawan Karate, and was a prolific author on the Art. This form of traditional Karate-Do has a strong focus on efficient techniques, and a philosophy of doing no more than what is required to achieve a successful outcome in a fight.
- 2) Traditional Yoshinkan Aikido founded by Gozo Shioda. Irvine Sensei trained with 10 Year Uchideshi of Shioda Sensei, Michiharu Mori, who ran his Aikido school in Brisbane from 1995 to 2024. Yoshinkan was considered one of the most efficient forms of "Old School" Aikido, and was a perfect compliment to our Karate curriculum.
- 3) The Okinawan Kobudo (Traditional Weapons) of Matayoshi Ryu as taught by Jyosei Yogi Sensei in Naha, Okinawa. Sensei Irvine and several of our Blackbelts have trained with Yogi Sensei in Naha, during training tours to Okinawa, and practiced the traditional Okinawan weapon arts of the Rokushaku Bo/Kon (六尺棒 - 6' Staff), Sai (釵 - 3-point Trident/Truncheon), Nunchaku/Sosetsukon (雙節棍 - Wooden Flail), and Tonfa/Tunkua (旋棍 - Side-handled Baton)
- 4) Japanese Kenjutsu. Irvine Sensei has studied both Yagyu Shinkage Ryu - Kuroda-han from Paul Metcalfe Sensei, and Asayama Ichiden Ryu from Nobuhide Seki Sensei in Japan. The Asayama Ichiden Ryu curriculum is comprehensive and focused on Koryu (Old School) Kenjutsu, Batto Jutsu and Iai Jutsu from the battlefield. Ichiden Ryu includes elements from Muhi Ryu, and Shinkage Ryu Hogan-Ha. Both of these schools focus on the techniques, tactics and strategies of Japanese battlefield swordsmanship from the Sengoku Era (1467 - 1615)
- 5) Kinetic Fighting Integrated Combat/Army Combatives Program. Since 2010, Irvine Sensei assisted the founder of the Australian Army's Special Forces Close Combatives curriculum, Sgt Paul Cale, with the development of the civilianised version of the Army Combatives Program (ACP)

From its inception the School was a member of the Australian Karate Federation and the Queensland Karate Association. These are the IOC recognised International Federations for the Sport of Karate, which led to its inclusion in the Tokyo 2020 Olympics. The school has nurtured several competitive students to National Champions, with some competing at an international level for Australia as well as at the World Karate Championships. However in 2017, Irvine Sensei, with the support of the senior instructors at the School, decided to exit regular Sports Karate competition and refocus on the traditional and self defence purposes of the school. This largely resulted from the vast majority of students preferring this focus, and only a small number of students wanting to participate in competition. And so, in 2022, Kodomon Martial Arts joined

the Australasian Traditional Federation of Karate-do & Kobudo (AFTK), and is also a full member of this organisation that promotes traditional training.

In the same year as the founding of the school (1997), Irvine Sensei commenced training in Yoshinkan Aikido, one of the hardest and most practical styles of Aikido under Sensei Michiharu Mori 8th Dan (1966 - ) a 10 year Uchideshi (Live-in student) of Sensei Gozo Shioda (1915 - 1994). After 5 years of training in this style, Sensei introduced some of the key elements of the Yoshinkan curriculum into Kodomon's Self Defence programs, to augment the Karate applications with appropriate joint lock/control techniques and throws. Yoshinkan Aikido trains the Tokyo Riot Police, and has a strong reputation in providing efficient technique in restraints and body control. Recognising that self defence is not always resolved with strikes, the Yoshinkan Aikido techniques are now an integral part of the grading program and also practised in the Self Defence classes.

In 2011, Irvine Sensei was invited to the Australian Army's Special Forces Training Facility at Holsworthy near Sydney. He was introduced to the Cell Instructor for the Special Forces Integrated Combat program, Sergeant Paul Cale (now retired), to assist with establishing a Training Dojo for Martial Arts instruction and practice for returning 2 Commando soldiers suffering injuries or wounds in Iraq or Afghanistan, as a form of in-unit rehabilitation. A strong friendship developed between Irvine Sensei and Cale Sensei, who also held black belt grades in Karate and Yoshinkan Aikido as well as several other martial arts including Brazilian Jiu Jitsu. When Cale Sensei left the Army in 2014, he started Kinetic Fighting, which eventually became the adopted Martial Arts/Close Combatives program for the whole of Australian Defence: Army, Navy and Air Force.

Irvine Sensei helped Paul Cale develop a civilian version of Kinetic Fighting, which now operates across Australia, called Kinetic Fighting Integrated Combat (KEF-IC). As the first Civilian Instructor in Kinetic Fighting, and having been involved in all the intensive live-in courses at the Australian Institute of Sport's Combat Sports Centre, Irvine Sensei also integrated Kinetic Fighting into the Self Defence curriculum and initiated the Self Defence Classes at Kodomon Martial Arts in 2017. Irvine Sensei was the first Director of Civilian Programs for Kinetic Fighting, and Kodomon Martial Arts provides the continuation training for students of Kinetic Fighting as well as current and former members of the Defence Force. Our programs also provide an on-ramp into the more advanced Kinetic Fighting programs, such as Edged Weapon Defence, and Extreme Close Shooting.

In 2021, Irvine Sensei introduced the Japanese sword Art of Kenjutsu/Battojutsu of Yagyū Shinkage Ryu, one of the most respected and oldest (600 years) schools of Japanese swordsmanship. This was introduced for senior students (Selected from 5th Kyū blue belt and above) with a dedicated class each week. Irvine Sensei trains with Sensei Paul Araki-Metcalf, a Menkyo Kaiden instructor of Kuroda Han Yagyū Shinkage Ryu. In 2024, Irvine Sensei commenced training in the Asayama Ichiden Ryu school of Japanese Kenjutsu, Batto Jutsu, Iai, Jojutsu, and training in other Samurai weaponry like the Tamagusari, Kama, and Shuriken. The 22nd Grandmaster of Asayama Ichiden Ryu, Nobuhide Seki Sensei is Irvine Sensei's current

weapons master, and Irvine Sensei holds a 1st Dan and is continuing his studies in these weapons in the Ichiden Ryu school based out of Ibaraki, near Tokyo, Japan.

Today, Kodomon Martial Arts runs classes in Traditional Karate-Do for adults three days a week, and a separate Self Defence focused class every alternate week. Senior students can participate in advanced classes (Blue belt and above), an Intermediate & Bunkai (Kata Applications) focused class alternate to the Self Defence Class, a Kobudo (Traditional Okinawan Weapons) class every week, and a Kenjutsu class once a week.

## **02 - The Founder & Chief Instructor**

Sensei Glenn Irvine 6th Dan Renshi (1964 - ) formally started his traditional Karate journey in 1985 at the Australian Academy of Martial Arts under Sensei Graham Keleher 7th Dan. His family was prolific in Judo when he was a child, with his grandfather and then his uncle running a Judo school on Brisbane's northside, and his cousins and father also training in the Art. Two of his cousins introduced him to Karate at Wishart, and he started there in October of 1985. The AAMA had just joined Fujimoto Sensei's International Karate-Do Shobukai (IKS) organisation, and Irvine Sensei started at a time as they shifted from Shotokan Karate to the Okinawan Shurite style of Fujimoto Sensei. Irvine Sensei trained almost full time for the first few years at the AAMA (6 days a week) and to this day was the fastest student to grade to Shodan (1st Dan Blackbelt) at that school in just 2 years and 2 months.

For 20 years Irvine Sensei trained and taught at the AAMA at Wishart and in 1997 started a branch at Capalaba and devoted most of his time at the new branch, while still training at Wishart. In 2007 as the AAMA changed directions, Irvine Sensei decided to remain with the traditional aspects of Shobukai Karate and separated from the organisation. Kodomon Karate-Do became a member of the AKF in its own right with Irvine Sensei as the Head of Style, and he was selected by the Australian Karate Federation to become the Coaching Director for Sports Karate in Queensland, a role he held for 10 years until 2018. During this time he introduced an annual Coaching Education Update Day, and conducted the NCAS Coaching accreditation scheme for all of the Karate Coaches in Queensland during this decade. Irvine Sensei had medalled at National events in both Kata and Kumite and was selected in 2014 as a State Coach for the Queensland Team. Irvine Sensei specialised in tactical coaching of many of the Queensland Team and coached many of the team to national gold medals over the next 3 years. In 2015 Irvine Sensei was the personal coach of Kodomon student Jack Megraw through to the Junior World Titles in the Kata Division. He also coached three students to International representation on the Australian Team.

With a view to completing the Karate Curriculum with suitable aspects of grappling and throws, Irvine Sensei began training in Yoshinkan Aikido in 1997 at the West End Dojo of Sensei Michiharu Mori (8th Dan). He trained in this for 5 years attaining 2nd Dan in the Art, and then added elements of this to the Self Defence curriculum of the school. After this, Irvine Sensei

spent a year training in Muso Jikiden Eishin Iaido with Sensei David Kolb (6th Dan Renshi) to extend on the traditional sword and staff exercises that were part of the Yoshinkan curriculum.

He spent time training with Warrant Officer Shane Cassidy studying the Australian Military Close Quarter Combatives, and in 2011 was introduced to Sergeant Paul Cale who taught the combatives program for Australia's Special Forces. This led to a long involvement in the development of Kinetic Fighting and the Civilian variant Kinetic Fighting Integrated Combat. In 2019 Irvine Sensei was accredited as the first Civilian Instructor of KEF-IC and assisted with the Instructor's Course in October that year which led to the further spread of KEF-IC across other martial arts organisations around Australia.

His role as Director of Civilian Programs at Kinetic Fighting resulted in the development of the Tough Choices initiative which was trialled at Kodomon Martial Arts through 2018 and 2019. This initiative is sponsored by Kinetic Fighting, the Redland City Council and the Kodomon Foundation, the school's not for profit association, that promotes free self defence programs for at risk people (domestic violence and bullying) and occupational risk (Paramedics, Ambulance, Health staff etc). This program continues to this day, and continues offering free self defence classes in the region.

In 2021, Irvine Sensei started training in Kuroda Han Yagyu Shinkage Ryu Kenjutsu and Battojutsu under Sensei Paul Araki-Metcalfe (Menkyo Kaiden) with the intent to extend the Kobudo program at the Dojo for more senior students with this well regarded sword art.

In 2024, Irvine Sensei began the continuing practice of Kenjutsu, Battojutsu, Iai, and Jojutsu under the tutelage of Sensei Nobuhide Seki, 22nd Grandmaster of the Asayama Ichiden Ryu school. Extending the Yagyu Shinkage curriculum with a comprehensive sword and samurai weapon arts school providing training camps in Japan, and further training opportunities in the Koryu. Irvine Sensei currently holds a 1st Dan Rank in Asayama Ichiden Ryu Kenjutsu and Jo.

## **02.1 - Kodomon Assistant Instructors**

### **Senpai Agnieszka Irvine 3rd Dan Dai-Shidoin**

Senpai Agnieszka Irvine started training at Kodomon Karate-Do in 2008 and has attained a 3rd Dan Grading (2021) in the Traditional Karate program at the school. She has also achieved the rank of Dai-Shidoin (2022), an accredited Instructor, which includes holding an NCAS Bronze Coach accreditation with the AKF.

Agnieszka (Agnes) led the Kodomon Kodo Dragons program from 2014 to 2017 and is now a regular senior instructor at Kodomon Martial Arts. Agnieszka has represented Queensland at the AKF National Titles in Kumite, and has taken part in Training Tours of Japan and Okinawa (2011 & 2017).

## Senpai Raymond Chandler 1st Dan Fukushima

Senpai Ray Chandler started training at Kodomon Karate-Do in 2014 and has attained a Nidan Grading (2nd Dan) Black Belt Grading (2024) in the Traditional Karate program at the school. He has also achieved the rank of Fukushima (2020), an accredited Assistant Instructor, which includes holding an NCAS Bronze Coach accreditation with the AKF.

Ray started assisting with karate classes in 2019 and is now a regular instructor at Kodomon Martial Arts. Ray has represented Queensland at the AKF National Titles in Kumite, and has taken part in a Training Tour of Japan and Okinawa (2017).

## 03 - Kodomon's Karate Style - Itosu Shito Kei

The Kodomon Karate-Do curriculum and training style is centred on **Okinawan Shuri-te** (首里手) Karate-Do. This is the style that was taught by Sensei Hiroshi Kinjo, and the final and primary style studied by Sensei Sadaharu Fujimoto. It provides the core kata and methodology used in our basics (Kihon) as well as the sparring (Kumite) exercises, along with the underlying applications (Bunkai) for the forms (Kata).

Fujimoto Sensei also studied Goju-Ryu Karate under Yabe Sensei (1880 - 1954), until his death and then Shotokan Karate, under Gichin Funakoshi Sensei (1863 - 1957) until his death, before starting training under Sensei Hiroshi Kinjo (1919 - 2013) where the Shurite style began for him. As such, he has included many of the Goju and Shotokan Kata in our blackbelt training curriculum.

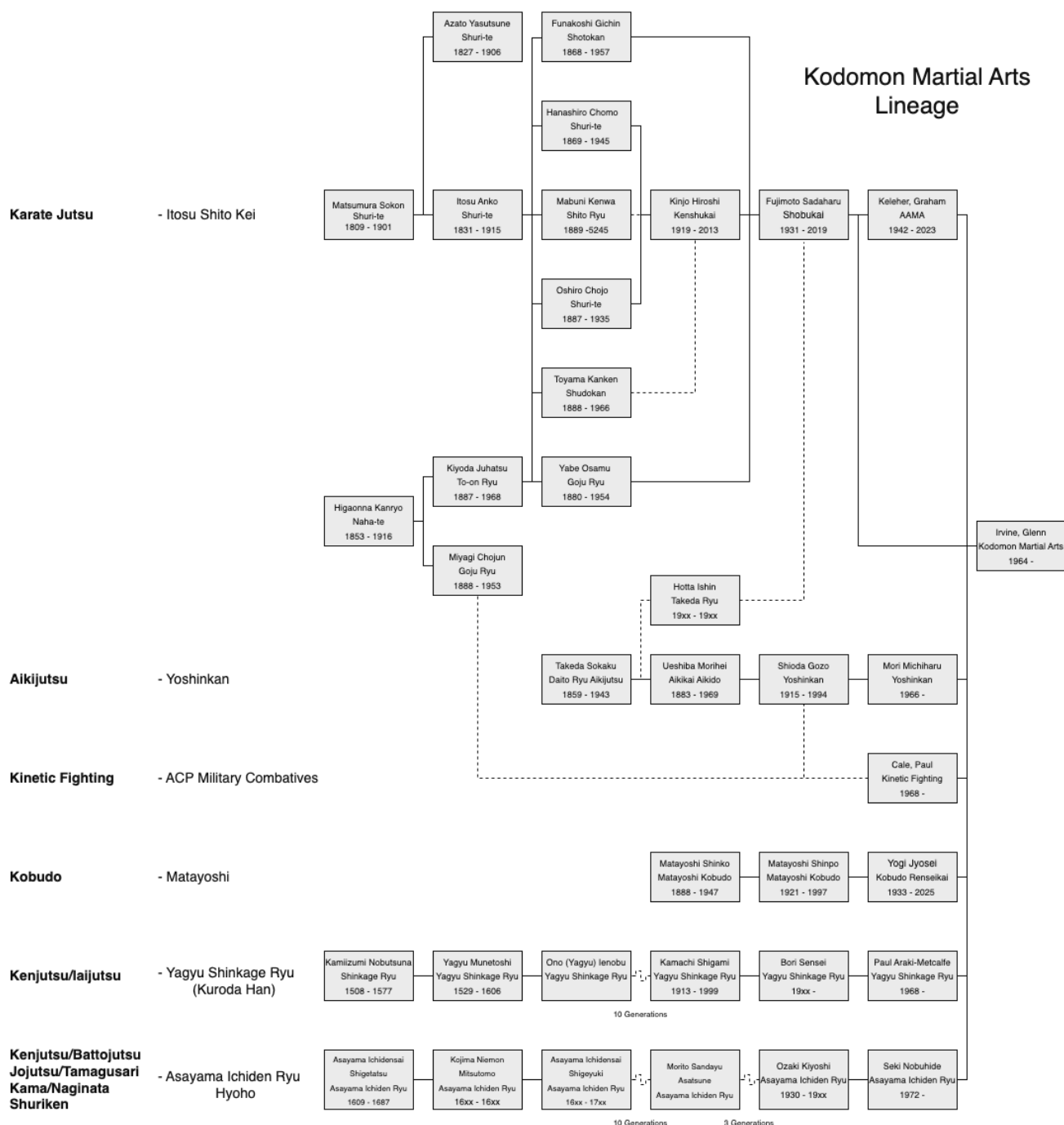
The Shuri-te Style of Karate as taught by Kinjo and Fujimoto Sensei is a practical form of traditional Okinawan Karate with an emphasis on efficiency, natural stances and an overarching principle of "No Loss" ("Son Toku Nashi - 損得なし), only techniques required to achieve the immediate goal, with no extraneous moves or wasted effort. It is a sharp, snappy, form of Karate-Do, applying the necessary force required for the task at hand.

This style of Karate also has a significant body of Kata (There are over 93 in the Kodomon Martial Arts program) and comprehensive Kata Application (Bunkai) exercises for every kata. The Shobukai Bunkai program is systematised with 5 Omote Bunkai (Obvious Application Exercises) for the early Kata as well as the Ura Bunkai (Hidden Applications).

The style of Karate at Kodomon Martial Arts is named, **Itosu Shito Kei**, after the founder of the core of the Shurite curriculum, Sensei Anko Itosu (1831 - 1915) and embraces many of Itosu Sensei's principles, including his "10 Precepts of Karate-Do" (see appendices).



## 04 - The Lineage of Kodomon Martial Arts



The lineage of Kodomon Martial Arts is a Five-Fold Path.

1. Traditional Okinawan Karate Jutsu
2. Okinawan Kobudo
3. Yoshinkan Aikijutsu
4. Japanese Sword & Koryu Arts
5. Kinetic Fighting & ACP Military Combatives

The core of the school is the Okinawan Shurite Karate of the Itosu Shito Kei style taught by Sensei Sadaharu Fujimoto. His teacher in Shurite Karate was Sensei Hiroshi Kinjo and was his teacher for over 30 years. Kinjo Sensei studied under many of Itosu Sensei's direct students in Okinawa. Mainly Sensei Chomo Hanashiro (1869 - 1945) and Sensei Chojo Oshiro (1887 - 1935). There were also influences from Sensei Kenwa Mabuni (1889 - 1952) and Sensei Kanken Toyama (1888 - 1966).

Sensei Anko Itosu (1831 - 1915), the creator of the Pinan Kata, and the teacher responsible for the introduction of Karate into the High School Curriculum in Okinawa in the early part of the 20th Century, was one of the main influences of our style, and the style is named after him for this strong influence. It is shaped by many of his principles. His teacher was Sensei Sokon Matsumura (1809 - 1901) one of the original shapers/founders of Shurite Karate, so named after the town where the capital of Okinawa was situated where most of these men practised the Art.

Yoshinkan Aikido forms the basis for much of the school's joint locks and throws, as well as much of the basics behind our traditional weapon techniques. Irvine Sensei trained under Sensei Michiharu Mori (1966 - ) from 1997 to 2002 grading to 2nd Dan under this style of Aikido. Mori Sensei was a 10 year Uchideshi of Sensei Gozo Shioda (1915 - 1994) who was the founder of Yoshinkan Aikido and a direct student of the founder of Aikido, O-Sensei Morihei Ueshiba (1883 - 1969).

Our Kinetic Fighting heritage stems from Sensei Paul Cale's (1968 - ) martial arts experience. He has a background in Goju Ryu Karate-Do. He studied under Sensei Bryson Keenan (1959 - ), who was a student of Sensei Masaji Taira (1952 - ), who trained under Sensei Eiichi Miyazato (1922 - 1999), who was a student of Sensei Chojun Miyagi (1888 - 1953). Cale Sensei also trained in Yoshinkan Aikido under Sensei Joe Thambu who trained under Sensei Gozo Shioda (1915 - 1994), the founder of the Yoshinkan Style. He is a current student of Professor Jean Jacques Machado (1968 - ) in Machado Brazilian Jiu Jitsu (BJJ). Irvine Sensei was the first accredited Civilian Instructor of Kinetic Fighting.

Irvine Sensei and several of the students of Kodomon Martial Arts have also furthered their study of Kobudo, the weapon arts of Okinawa, under Sensei Jyosei Yogi (1935 - 2025) 8th Dan Okinawa Kobudo Doushi Rensei-kai, training in Bo (6' Staff), Sai (Steel Truncheon), and Nunchaku (Rice Flail), training with Yogi Sensei at the Karate-Do Kaikan and the Budokan in Okinawa. In 2021, this weapons training was further extended with the inclusion of Yagyu Shinkage Ryu Kenjutsu, under the instruction of Sensei Paul Araki-Metcalf. Sensei Araki-Metcalf has a Menkyo Kaiden (Transmission of the Art) from the Kuroda line of the Yagyu family school through 15 generations of teachers of that art.

Irvine Sensei is also currently studying Asayama Ichiden Ryu Kenjutsu, Battojutsu, and Jojutsu under Sensei Nobuhide Seki (1972 - ). Seki Sensei is the 22nd Grandmaster of this school of Swordsmanship and the Samurai Fighting Arts.

## 05 - Other Combative Influences in Kodomon Martial Arts

The Five-Fold Path of Kodomon Martial Arts includes the Traditional Okinawan Karate-Do of Shurite at the core, augmented by Okinawan Kobudo and the Japanese Arts of Yoshinkan Aikido, Yagyu Shinkage Ryu and Asayama Ichiden Ryui Kenjutsu & Koryu Arts and the modern combative skills of Kinetic Fighting.

Irvine Sensei's journey through the Martial Arts has led him to include these elements in the curriculum for the following reasons.

- 1) Traditional Okinawan Shurite Karate is a powerfully efficient striking art combining fast punches, strikes and kicks to vital targets with an economy of effort. It is also a comprehensive natural body-weight form of physical fitness, health and well-being providing these benefits as well as a culture of creating good citizens with correct attitudes to life and society.
- 2) The Okinawan Weapon Arts (Kobudo) extend this to simple weapons, a stick/staff or long blade or knife from Yoshinkan Aikido.
- 3) Yoshinkan Aikido was the result of Irvine Sensei's search for an appropriate grappling art to augment the efficient striking art of Karate. Yoshinkan Aikido was a natural fit and is used by the Tokyo riot police for its efficiency.
- 4) The Kuroda Han Yagyu Shinkage Ryu and Asayama Ichiden Ryu schools of sword training are two of the most respected sword schools in Japan. The Kuroda Han branch of the Yagyu school has some of the best transmissions of the waza (techniques) from the original Shinkage Ryu. Again, the efficiency of this school blends well with our school's philosophy, and does not detract from our other arts. Additionally, Asayama Ichiden Ryu Koryu (Old School samurai arts) focuses on the battlefield skills, tactics and techniques from the age of the samurai. Efficiency and real-world sword skills taught by a 400 year old school of the Japanese martial arts.
- 5) Kinetic Fighting rounds out the program with the most effective personal protection skills developed by the Australian Special Forces and used and tested under fire on multiple tours in Afghanistan and Iraq by these troops, and then introduced to the broader Australian Military and eventually civilian self defence training.

## **05.1 - Shurite Karate**

The raw efficiency of Matsumura Sokon Sensei's Shurite Karate is at the core of our School's philosophy. Matsumura developed the martial art by taking the combative skills he learnt in Okinawa and in China and taking a ruthless efficiency approach to the techniques. His student Itosu Anko further refined the art with a simplification of the Koryu Kata and the creation of the Pinan to assist new students with the beginning of training. These efficient techniques and natural kata form the basis of developing the neuro-muscular pathways for effective application of this striking art.

Both Matsumura and Itosu Sensei are the two founding Soke of Shurite Karate and are present on our Shomen wall. Through Oshiro and Hanashiro Sensei, the art came to Kinjo Sensei who was Fujimoto Sensei's final and most comprehensive teacher of the art of Karate. Between them they had an encyclopaedic knowledge of the art, but always with the underlying philosophy of "No Loss" ie. no wasted effort, just what is required to achieve the combative goal.

This philosophy also leads to a very appropriate methodology for maintaining a healthy body. There are no excessive techniques that will wear away or damage parts of the body over time. Most Shurite teachers live a very long life, often into or near the 90s.

## **05.2 - Matayoshi Kobudo**

One of the most well respected schools of Okinawan Kobudo is the Matayoshi Kobudo. Sensei Irvine and all of our Blackbelts have trained with one of the Matayoshi Kobudo school's most well regarded teachers Yogi Jyosei Sensei in Okinawa at the Budokan. Yogi Sensei is well known to the international Karate community as he volunteers his teaching to any international students visiting the Budokan in Naha, Okinawa most days. He was Matayoshi Shinpo's direct student and has an amazing grasp of the school's curriculum.

Irvine Sensei dedicated the Kobudo elements of our School curriculum to Yogi Sensei's teaching, and we train in these techniques and kata to this day.

## **05.3 - Yoshinkan Aikido**

Yoshinkan Aikido was chosen by Irvine Sensei as it has a hard pre-war edge to the practice of the Aikido and Aikijutsu techniques. It has been chosen by the Tokyo Riot Police as their primary form of combatives and each Riot Police member must attain a 1st Dan Blackbelt in the Art.

The techniques blend well with Shurite Karate as it has a strong focus on efficient technique with no wasteful movement. Joint locks use the natural biomechanics for achieving a lock or pain compliance and generally requires no more than 7 kgs of pressure to work in most

instances. Many of the throws are applicable to a stand-up striking fight, and while there are over 1500 techniques in the Yoshinkan curriculum, Irvine Sensei has only added what techniques were necessary to complete the self defence curriculum that also are predominantly usable by a striking fighter.

Most of the weapon (Knife & Sword) basics and traditional disarms in our Brown and Black belt grades are from the Yoshinkan program.

## **05.4 - Kuroda Han Yagyu Shinkage Ryu & Asayama Ichiden Ryu Kenjutsu**

Three of the most well respected traditional sword schools in Japan are the Yagyu Shinkage Ryu (Yagyu Family New Shadow School) founded by Yagyu Munetoshi, the Niten Ichi Ryu (Two Swords towards Heaven School) founded by Miyamoto Musashi, and Asayama Ichiden Ryu (Shallow Mountain One Tradition School) founded by Asayama Ichidensai Shigetatsu, all in the early 17th Century, in the dying days of the Warring States Era in Japan (Sengoku Jidai).

The Yagyu school is perhaps best known for teaching three of the Tokugawa Shogun, and the high regard for Yagyu Munetoshi and his son and successor, Yagyu Munenori, author of the Heiho Kadensho (Book of the Family Strategies) often known as the Life Giving Sword.

The Kuroda Han branch of Yagyu Shinkage Ryu is perhaps best known for its focus on the original Shinkage Ryu techniques dating back to the 1400's and has had a focus on retaining these strategies and waza (techniques), compared to the Edo and Owari branches who modernised the art and lost much of the curriculum during the warring states period in Japan when they were often on opposing sides and many of the masters (and their knowledge) was lost to these battles. One of Yagyu Munetoshi's more capable students, Yagyu Ienobu was sent to Fukuoka to teach the local Kuroda Daimyo (Lord), and this branch and its teachings were largely untouched by these wars.

Irvine Sensei started training with Shihan Paul Araki-Metcalf of the Kuroda Han Yagyu Shinkage Ryu who spent 9 years in Fukuoka training under the school's teachers in this style. He now brings this art to our school for selected senior students (4th Kyu Blue belt and above) as it involves the use of sharp metal training swords in the practice which requires a good degree of control. This weekly practice takes senior students to a higher level of appreciation of our traditional arts with this centuries old school of the Japanese martial ways.

Asayama Ichiden Ryu Hyoho was founded by Asayama Ichidensai Shigetatsu and taught broadly across Japan in the mid 1600s, at its height having over 7000 students of the multiple weapon arts of the Samurai, Kenjutsu, Battojutsu, Jojutsu, Kamajutsu, Taijutsu and Gyakutejutsu. This comprehensive school of the warrior arts contains over 200 Waza and Kata focused on Sword fighting, and maintains a focus on the battlefield arts, and less so on the

modern Budo. The current 22nd Generation Grandmaster, Seki Sensei has maintained this traditional, practical sword fighting focus, and in 2024, this practical approach at the school attracted the attention of Irvine Sensei who began training under Seki Sensei. The Asayama Ichiden Ryu school offers our senior students the opportunity to train with a highly regarded master of the sword arts in Japan today. Irvine Sensei currently holds a 1st Dan grading in Asayama Ichiden Ryu.

## **05.5 - Kinetic Fighting**

Most of our students join the school with an interest in developing an effective Self Defence capability, and while there are very useful skills and techniques taught within our traditional program, there was also a need for a modern capability that could stand alone in Self Defence courses run by the school and to also augment our in-curriculum program.

Irvine Sensei had been exploring the military combatives of the Australian Defence Force, as he was a former member as a Non-Commissioned Officer Infantry Instructor and Battle Coach. He explored the Military Self Defence program as taught by WO Shane Cassidy and participated in all of the training modules of this training. By chance he was led to the combatives trained at the Special Forces Training Facility at Holsworthy and was introduced to the Close Combat Cell Instructor, Sergeant Paul Cale. Paul had been invited to train several elite units in the Integrated Combat methodology, including Delta Force in the United States and had an excellent reputation. He also had actual combat experience from several tours to Afghanistan that had shaped his methodology.

Paul's similar martial arts background, and the strong history of the Close Combat capabilities of Australia's Special Forces led to a long relationship with Paul, and eventually to the formation of Kinetic Fighting which now is taught to all Military personnel in the Australian Defence Force, and ultimately to the civilian version, Kinetic Fighting Integrated Combat (KEF-IC).

The Kodomon Martial Arts School has had a strong involvement in the program from inception and now has the principles and maxims of KEF applied across the self defence curriculum as well as dedicated courses in Kinetic Fighting hosted at the school with Irvine Sensei and Cale Sensei instructing.

Irvine Sensei continues to develop Kinetic Fighting programs for civilians including the Tough Choices initiative sponsored by the Kodomon Foundation.



## **06 - Organisation Membership**

The Kodomon Martial Arts School and its students are members of the following organisations.

### **06.1 - Australasian Federation of Traditional Karate & Kobudo (AFTK)**

The Australasian Federation of Traditional Karate & Kobudo (AFTK) is Australia's leading organisation for Traditional Karate and the Okinawan Weapon Arts (Kobudo). With over 150 Dojo memberships across Australia, and a regular series of Seminars, instructor accreditation, and insurance schemes, Kodomon Martial Arts is proud to be a member of this association and the Chief Instructor, Sensei Glenn Irvine, is a Certified Practising Traditional Karate Instructor (CPTKI) of the Federation.

### **06.2 - Dai Nippon Butokukai**

The Dai Nippon Butokukai (DNBK) is the premier Japanese Martial Arts Traditional Accreditation Body, with its President being one of the Japanese Imperial Princes. It provides authorisation for Senior Practitioner Gradings and bestowing Ranks upon Teachers of the Japanese Traditional Arts globally.

The DNBK authorises the Grades and Ranks for Instructors of Karate-Do, Judo, Aikido, Iaido, Kendo and other Japanese Martial Arts. All our Black Belts become members of the DNBK, and their Grades and further Ranks are endorsed by this authority. DNBK Grades and Ranks are recognised around the World as the highest quality authorisation of rank in the Japanese Martial Arts.

### **06.3 - International Karate-Do Shobukai**

Kodomon Karate-Do and our Dojo, the Kodokan were recognised in 2003 as a Branch Dojo of the International Karate-Do Shobukai by Sensei Sadaharu Fujimoto. Our school accredits gradings under the IKS curriculum of Fujimoto Sensei, and continues to do so now that Fujimoto Sensei has passed away and the leadership of IKS has passed to his son, Sensei Harutaka Fujimoto (1962 - ) 7th Dan.

### **06.4 - Kodomon Foundation**

All adult students of the Kodomon Martial Arts School are also Association members of the Kodomon Foundation (Kodomon Association Inc.). The Foundation was created in 2017 to sponsor programs that would provide community benefits relating to our martial arts and self

defence programs. While the primary focus of the Foundation is to host free self defence courses for 'at-risk' people, including the running of the Tough Choices courses throughout the year, the Foundation also has within its Charter the ability to support or sponsor traditional martial arts seminars or training activities.

Through the Kodomon Foundation, grants are sought to assist these purposes, and to promote the initiatives like Tough Choices or the Kinetic Fighting charity training events. Further information about Tough Choices is available on its website: [www.toughchoices.org.au](http://www.toughchoices.org.au)

## 06.5 - Other Affiliations

The Kodomon Martial Arts school is further affiliated with:

1. Okinawa Kobudo Renseikai (Yogi Sensei)
2. Yoshinkan Aikido - Brisbane Dojo (Mori Sensei)
3. Kuroda Han Yagyu Shinkage Ryu Heiho, Aratsu Kai (Araki-Metcalfe Sensei)
4. Asayama Ichiden Ryu Kai (Seki Sensei)
5. Kinetic Fighting Integrated Combat (Cale Sensei)



## 07 - The Kodomon Logo and School Colours

### 07.1 - The Kodomon Logo

The Kodomon Logo or Mon is a stylised Round Fist within a Circle (Torus) surrounded by a Laurel Wreath. All elements are of metallic gold. The words Kodomon and Martial Arts or Karate-Do are positioned beneath in All Capitals using the Arial Black Font, in either Black or White depending on the background.




The logo is worn on the left side chest of the Karate Uniform (Dogi or just Gi) as well as any tracksuits or casual wear.



Another design element often shown with the Kodomon Logo are the Japanese Characters (Kanji) for Kodomon. The Kodomon Kanji was drafted by Irvine Sensei at the inception of the school and is used by Certified Instructors on their Dogi in the same position as the student badge. The Kanji are made up of the three characters for Kodomon, Ko (古) meaning Old or Ancient, Do (道) meaning Way or Path, and Mon (門) meaning Gate or Entrance. Together Kodo is an old term used by the Japanese for the Martial Arts, or “Ancient Ways”, and to enter a Teacher’s Gate was a term used in Japan for when a student undertook a learning journey with that teacher. So, Kodomon is a Gateway to learning the Ancient Martial Arts.

### 07.2 - The Kodomon Colours

The School colours are Black, Gold and Maroon. These are the primary two colours from the Logo (Black & Gold) as well as the colour representing Queensland (Maroon), the home state of the school.

Black	Gold	Maroon
		
PMS Black 6C	PMS 7555C	PMS 209
CMYK 0,0,0,0	CMYK 0,28,98,11	CMYK 20,97,40,58
HEX #000000	HEX #D7A22A	HEX #6F263D

## 08 - The Kodomon Grade Structure

### 08.1 - Kyu/Dan Grade System

New students at Kodomon Martial Arts start their Karate journey as a White Belt (10th Kyu), and then proceed through the 10 Kyu Grades (Coloured Belts) followed by a provisional black belt grade and then 8 Dan Grades (Black Belts) as follows:

10th Kyu	White Belt
9th Kyu	Yellow Belt
8th Kyu	Orange Belt
7th Kyu	Green Belt
6th Kyu	Green Belt
5th Kyu	Blue Belt
4th Kyu	Blue Belt
3rd Kyu	Brown Belt
2nd Kyu	Brown Belt
1st Kyu	Brown Belt

Shodan Ho	Provisional Black Belt
Shodan	1st Dan Black Belt
Nidan	2nd Dan Black Belt
Sandan	3rd Dan Black Belt
Yondan	4th Dan Black Belt
Godan	5th Dan Black Belt
Rokudan	6th Dan Black Belt
Shichidan	7th Dan Black Belt
Hachidan	8th Dan Black Belt

The Kodomon Grading structure is based on the traditional Kyu/Dan System with 10 Kyu Grades from White belt to the final Brown Belt, and 8 Dan Grades. We also have a Provisional 1st Dan (Shodan Ho) which is the final assessment before formally gaining a Black Belt in Karate-Do.

Progression through the Kyu and Dan grades starts with an average of 10 to 15 classes from White to Yellow belt, and the amount of training between each grade then increases gradually. Yellow to Orange is an average of 15 to 20 classes and so on. There is also a minimum training time at each grade as the neuro-muscular pathways developed with Karate practice also needs time to be properly established.

For an adult student training 2 to 3 times a week on average, it takes approximately 3½ to 4 years of continuous training to the 1st Dan Grading. After that it is roughly equivalent to the same number of years between each grade as the grade itself. ie. 2 years to 2nd Dan, another 3 years to 3rd Dan etc.

The Kodomon Karate-Do curriculum is detailed in the next section, but each grade has a specific sheet with the curriculum requirements detailed on it. In the lower right corner of each

sheet, a guide to the training requirement for the next grading is noted. eg. The White Belt sheet shown below is: 10-15 Classes (Min 1 month)

## 08.2 - Senior Rank & Shogo System

In addition to the Grade system, senior Black Belt students who are instructing are also eligible for various Ranks that are bestowed upon attainment of the various requirements for that Rank. Some are traditionally endorsed by DNBK Formal Ranks with World-wide recognition. These are the Shogo Ranks of Renshi, Kyoshi, and Hanshi.

These Instructor Ranks are as follows:

Rank/Title	Minimum Grade	Description
Senpai (先輩)	3rd Kyu	Senior Student
Fuku-Shidoin (副指導員)	1st Dan Ho	Assistant Instructor
Shidoin (指導員)	2nd Dan	Instructor
Dai-Shidoin (大指導員)	3rd Dan	Senior Instructor
Sensei (先生)	4th Dan	Teacher
Shihan (師範)	5th Dan	Master Teacher *
Renshi (錬士)	6th Dan	Polished Teacher *
Kyoshi (教士)	7th Dan	Advanced Teacher *
Hanshi (範士)	8th Dan	Grand Master (Teacher of Teachers) *

\* These ranks are graded by the DNBK, all others are awarded by our school/Sensei.

Irvine Sensei carries the DNBK Rank of Renshi which was awarded at his 6th Dan grading for his work as the State Coaching Director in Queensland, State Coach and as the Founder of Kodomon Martial Arts. His DNBK Rank was recommended by Sensei Kazue Matsumoto 8th Dan, the Australian Representative of the DNBK International committee at the time.

Each of these ranks are described as follows:

### Senpai (先輩)

The title of Senpai (meaning **Senior or Mentor**) applies to any Black belts in the Dojo (Shodan Ho and above), and all Kyu grade students should refer to these people using the term. This is irrespective of any formal teaching Rank mentioned above.

Also, any Brown belt or above (to 3rd Dan) leading a class must be referred to as Senpai.

Note: Black belts may take on a personal life-mentor as their Senpai according to the Senpai/Kohai traditions in Traditional Japanese Arts detailed in Section 14. It is appropriate to

refer to these Seniors as Senpai as well. There is no formal recognition of this title other than the ranks required to achieve it.

**Fuku-Shidoin (副指導員)**

Fuku-Shidoin is the title of a **ranked Assistant Instructor**.

This is the first certified Instructor Rank, and the Instructor is awarded a Certificate of "Fuku-Shidoin" when they have met all the criteria of the Rank, including a minimum Grade of Provisional 1st Dan. A Kodomon Fuku-Shidoin will also be presented with an engraved Shoto Bokken ([Niten Ichi Ryu Shoto](#)) carrying the [Kodomon Mon](#) and [Kanji](#) at the awarding ceremony.

A Fuku-Shidoin has achieved all the technical requirements for the Rank including those required by the State or National Body (QKA/AKF/AFTK) and assists a Senior Instructor in conducting a class. On occasion a Fuku-Shidoin may lead a class in the absence of a Senior Instructor. Fuku-Shidoin who have not reached a Majority (18 years in Australia) may lead a class only in the presence of an Adult Senpai (3rd Kyu or above). Fuku-Shidoin may conduct gradings for Yellow or Orange belt under supervision. (10th to 8th Kyu)

**Shidoin (指導員)**

Shidoin is the title of a **ranked Instructor**.

This is the second certified Instructor Rank, and the Instructor is awarded a Certificate of "Shidoin" when they have met all the criteria of the Rank, including a minimum Grade of 2nd Dan. A Kodomon Shidoin will also be presented with an engraved Daito Bokken ([Niten Ichi Ryu Daito](#)) carrying the [Kodomon Mon](#) and [Kanji](#) at the awarding ceremony.

A Shidoin has achieved all the technical requirements for the Rank including those required by the State or National Body (QKA/AKF/AFTK) and assists a Senior Instructor in conducting a class. A Shidoin may Lead a class in the absence of the Chief Instructor. Shidoin may conduct all gradings up to Shokyu (10th to 4th Kyu).

**Dai-Shidoin (大指導員)**

Dai-Shidoin is the title of a **ranked Senior Instructor**.

This is the third certified Instructor Rank, and the Senior Instructor is awarded a Certificate of "Dai-Shidoin" when they have met all the criteria of the Rank, including a minimum Grade of 3rd Dan.

A Dai-Shidoin has achieved all the technical requirements for the Rank including those required by the State or National Body (QKA/AKF) and is able to conduct regular classes. A Dai-Shidoin may run classes in the absence of the Chief Instructor. Dai-Shidoin may conduct all gradings up



to 1st Kyu (10th to 1st Kyu), and are able to initiate a Branch Dojo.

### **Sensei (先生)**

Sensei is the title of a ranked Senior or Branch Teacher. This is a formal rank and they should no longer be referred to as 'Senpai', but as 'Sensei' by all students.

This is the fourth certified Instructor Rank, and the Instructor is awarded a Certificate of "Sensei" when they have met all the criteria of the Rank. A Kodomon Sensei will also be presented with an engraved Jo (Shinto Muso Ryu Jo) carrying the Kodomon Mon and Kanji at the awarding ceremony.

A Sensei has achieved all the technical requirements for the Rank including those required by the State or National Body (QKA/AKF/AFTK) and is a Senior Instructor at the Hombu Dojo or the Head Instructor at a Branch Dojo. A Sensei is expected to be at least a Silver Level NCAS Coach or CPTKI. A Sensei may lead regular classes. Sensei may conduct all gradings up to Nidan (2nd Dan). A Sensei may lead their own Branch Dojo.

### **Shihan (師範)**

Shihan is a formal DNBK Rank and is the title of a Master Teacher. The Shihan title can be awarded to any member of Sensei Rank who has attained 5th Dan and demonstrates a continued commitment to the advancement of the Art, either by Instructional experience, research or exceptional performance in the Art. This title is awarded by the Chief Instructor and Kancho at their discretion. A Shihan is expected to be at least a Silver Level NCAS Coach or CPTKI.

Shihan requires all the rank requirements and privileges of a Sensei, and a strong commitment to the Art and teaching. It is expected that a Shihan is active in the development of Karate Instructors. The Title is to be ratified under the DNBK Shogo Title System in Japan.

While the title is used in the third person, a Shihan is regularly referred to as "Sensei".

### **Renshi (錬士)**

Renshi literally means "polished teacher." It is the first, or lowest, of the shogo titles. This requires a minimum rank of rokudan (6th degree black belt).

A teacher awarded the title Renshi is typically allowed to wear a belt that is half red, half white, split lengthways. The belt is worn red side up. Shogo belts are often only worn on special occasions such as gradings and ceremonial classes, with the instructor's black belt worn at other times.

Irvine Sensei has been awarded the Renshi Rank.

**Kyoshi (教士)**

Kyoshi means “expert teacher,” although it is sometimes also translated as “professor” or “assistant professor.” A minimum rank of at least shichidan (7th degree black belt) is required.

Once awarded the title Kyoshi, the teacher is entitled to wear a red and white panelled belt.

**Hanshi (範士)**

Hanshi translates literally as “exemplary teacher.” Many English speaking martial artists will use the term “professor” interchangeably with hanshi. A minimum rank of at least hachidan (8th degree black belt) and sometimes nanadan (9th degree black belt) is required.

A teacher with the title Hanshi is entitled to wear a solid red belt.

Fujimoto Sensei was of the Hanshi Rank.

## 09 - The Kodomon Curriculum

The Kodomon Curriculum provides a comprehensive list of each of the requirements for every grade grouped by the primary training elements. Kihon/Basics, Kata/Forms, Bunkai/Kata Applications, Kumite/Sparring Exercises, Goshin/Self Defence, and at higher grades, Heiki Keiko/Weapons Training.

There are also sections for recommended reading and main principles that are the focus of that grade.

An example of a Curriculum Sheet (for 10th Kyu White Belt) is included below. Every grade has a single page detailing the requirements, and these are available for download in the Student Resources Member's area of the Kodomon Martial Arts Website:

<https://www.kodomon.com.au/student-resources>

A password is required for access to this area. One of the Instructors can provide this. The Kyu Grade sheets are also provided in the Appendices of this manual.



## Kodomon Karate-Do Traditional Curriculum

10th Kyu - White Belt

Kihon	Basics
Tachi Kata	Stances
Heisoku Dachi	Blocked Foot Stance (Formal/Greeting)
Musubi Dachi	Open Foot Stance (Informal/Greeting)
Heiko Dachi	Parallel Foot Stance (Formal/Ready)
Hachiji Dachi (Fudo Dachi)	Number "8" Stance (Informal/Ready)
Naifanchi Dachi	Holding Narrow Ground Stance (Strengthening)
Shiko Dachi	Sumo Stance (Strengthening)
Kiba Dachi	Horse Stance (Strengthening)
Zenkutsu Dachi	Bending Forward Stance (Fighting)
Tai Sabaki	Footwork
Aiyumi Ashi	Natural Stepping
Yori Ashi	Sliding Forward
Hiki Ashi	Sliding Backward
Hinari Sabaki	Stepping Back Diagonally
Kihon I	Basics (Stationary)
Seiken	Regular Fist Formation
Shomen Zuki	Front Punch
Gyaku Zuki	Reverse Punch
Gedan Barai	Downward Sweep
Age Uke	Rising Block
Osae Uke	Pressing Block
Soto Uke	Outside Block
Hiza Geri	Knee Kick
Ato no Kehanashi	Snap Kick (Back Foot)
Kihon II	Basics (Moving)
Oi Zuki	Lunge Punch
Mae Geri	Front Kick (Stepping)
Jukyu Kihon Dosa	Any 10th Kyu Basics
Kihon III	Basics (Partner)
Sanoba Kihon	Stationary Basic Practice
Kihon Ippon	Any 10th Kyu Basics - Single step

Kata	Forms
Tsuki no Waza	Punching Techniques
Shiho Zuki	Four Direction Punch
Happo Zuki #	Eight Direction Punch

Kumite	Sparring Exercises
Tan Gan Ho - Kihon	Open Hand Sparring - Basic
Tan Gan Ho - Jiyu	Open Hand Sparring - Free
	(Eye Training/Forging Practice)

Goshin	Self Defence
Goshin Kihon	Self Defence Fundamentals
Katate Mochi	Same Side Wrist Grip - Pulling Arm Release
Gyaku Katate Mochi (Kakete)	Grip Release Reverse Arm (Hooking Hand & Roll)
Shomen Chisoku	Frontal Choke - Overarm Bowl
Introduce Kinetic Fighting #	Introducing the KEF Principles (Handout)
KEF Drill 1 +	First KEF Drill - Shield & Strike

Suggested Reading	Principles
Translation Sheet (Kodomon)	Basic Dojo Protocol
Dojo Rules (Kodomon)	Greeting Ceremony
KEF 5 Principles Sheet	Dojo Communication
	Safety Issues
	Warmup & Stretching Basics

Training Requirement: 10-15 Classes (Min 1 month)

Requirements for Grading examination to 9th Kyu (Yellow Belt)

\* Non-Core Traditional Stream      \*\* Instructors Discretion (Extension)  
 + Modify for Children              # Not for Sub-Juniors (<10 years)

10th 十  
Kyu 級  
  
White Belt  
白帯

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Each Curriculum Sheet details all of the requirements for that grade. If a Kodomon Dojo runs children's classes, children under 10 years of age are not required to do the Bunkai Sections of the curriculum, or any requirements marked with a hash (#).

We strongly recommend that students study these sheets well. Anything on the sheet can be asked during the grading, and a thorough understanding of the contents of each sheet is a sure indicator that a student is ready to face the next grading.

In simple terms, grading readiness means that the student understands this sheet well enough to be given the next sheet and to work with that extra body of knowledge.

Training Requirements (as an average requirement) are detailed at the bottom right of each sheet. Grading is an individual process. Some people may move faster than others, but as mentioned earlier, there are minimum times to ensure techniques are being developed in the neuro-muscular system, and not just in the mind.

There are additional aids like Kata videos and some bunkai videos in the Student Resources area of the website. Note: These are not a good way to first learn the Kata. That is always best done with an instructor in the Dojo (Brown belt or above... not someone at the same grade as you), as there are often nuances and details that just can not be discovered in the videos.

However, they are great for revision or as a nudge to the memory once the kata have been learnt.

## 10 - Tuition Structure & Fees

Students may choose to start training at the School via either a Beginner's Course, or may opt just to start with monthly tuition straight away.

If opting for a Beginners Course, these run for 8 classes, and we have found over time that this is the ideal timeframe to see if Traditional Karate training is the right thing for the student.

After the beginners course, the following fees are required.

**Annual Membership** and **Annual Insurance** are required each year, and are included in the monthly tuition costs. The membership covers the costs of our Membership in the AFTK as well as the DNBK. The insurance just covers Public Liability and any personal accident insurance is at the student's own discretion, but is not arranged by the school. A standard waiver is required by each student (or their parent/guardian) when joining. Traditional Karate and the Self Defence classes are very safe when compared to many field sports today, with very few injuries, but it is a martial art, and students/parents need to understand that risk.

**Monthly Tuition Fees** cover the training for a given month, and an invoice is sent out at the beginning of every month to cover that month, with payment generally required by the middle of the month (15th). The monthly fees are calculated by the number of days a week a student trains irrespective of the number of classes they may do that day. A negotiated rate can be addressed for shift workers or students with special attendance requirements.

There are also **Family discounts** on tuition for additional family members training at the school. We want to encourage families to train together as it has a great influence on continued training.

Generally these are the only costs other than **Uniforms and Gradings** as they occur. Grading Fees cover the Grading test itself, as well as the Certificate and the new belt when required.

Gradings and Uniforms are invoiced when conducted/purchased.

We encourage students to make invoice payment by online bank transfer as we prefer not to handle monies at the Dojo as this eats into class times.

Any enquiries about tuition fees or financial matters with the school should be addressed to the School Administrator, Senpai Agnieszka Irvine on [accounts@kodomon.com.au](mailto:accounts@kodomon.com.au). We prefer this, as emails are best actioned, whereas comments mentioned at the Dojo or by phone can easily be missed, it is also neither appropriate, nor the correct time to ask about fees during classes.

The current Tuition & Membership Fees are available from Senpai Agnieszka Irvine.



Irvine Sensei's DNBK 6th Dan and Renshi Rank Certificates

## Chapter 2 - Training Protocols

### 11 - Starting Training

The first difficult step any student of our school takes is to make the decision to start training. There are many unknowns, and not being sure if this training is right for you is one of the first hurdles. This manual, hopefully, should provide enough information to assist in that decision, but ultimately, just taking that first step onto the Dojo floor is the important one.

The best advice at this point is to be humble, listen carefully to what the teacher and instructors are saying, watch what the senior students do, and just be a sponge at this stage. Take on board all that you see and hear.

In many martial arts texts there are references to a maxim about being an empty cup, free of preconceptions about what martial arts should be, or should involve. This is sound advice, so too is the recommendation to read this manual thoroughly, as it will provide many pieces of advice that otherwise would take quite some time to absorb from your exposure to the Dojo environment and its teachers.

You have made the crucial step, now embrace the learning environment. The Dojo is a special place, more than a classroom or gym; it is a place where teachers and students learn about themselves and others. It is a place of struggle; physical, intellectual, and spiritual. It is a home-away-from-home, where each member adds their “being” to this place and gives life to the Dojo.

Above all, be polite and humble, and observe. If in doubt, feel free to ask one of the instructors at an appropriate time.

### 12 - Uniforms & Equipment

At first it is ok to train in comfortable free moving clothes that suits the current season. T-Shirt and shorts in the warmer months, and tracksuit pants and a shirt in winter are fine. These clothes are also always suitable for the self defence classes at any time.

We do not wear shoes in the Dojo as all training is conducted in bare feet, with one exception being that non-marking/martial arts shoes can be worn in the self defence classes and Kinetic Fighting courses. When arriving at the Dojo, we recommend you wear free breathing shoes like thongs or sandals that allow your feet to dry out from being enclosed in shoes through the day. You will note that some of the instructors wear traditional straw sandals to the Dojo as these are very good for allowing the feet to dry out. When you arrive at the Dojo, please take the shoes off and place them neatly against the wall at the entrance to the Dojo.



Before testing for the first Grading (to Yellow belt or 9th Kyu) you will need to purchase a Dogi, sometimes just called a Gi, or Traditional Karate Uniform. These are also offered as part of our Beginners Course packages. They are not expensive if all you want is one of the standard lightweight versions. They are also available at most martial arts shops. In time, you may prefer a more heavyweight version like the instructors wear, as they sit more around the body and don't cling. But this is an optional preference.

There are videos in the Student Resources area:

<https://www.kodomon.com.au/student-resources> that detail how to fold the Dogi for storage (So it doesn't require ironing) and also how to tie the belt.

Other than the uniform there are very few other equipment requirements. From Green belt (7th Kyu) it is good to have a training Staff (Bo), and a Wooden Training Sword (Bokken) for the Kobudo Classes. All of these are rather inexpensive and available from local Martial Arts suppliers.

At 3rd Kyu (Brown belt), you may start sword training and a separate uniform (keikogi) is required with the traditional Hakama (Split leg skirt/trousers). A training Iaito (not sharp) sword is also required and details on selecting an appropriate training blade and uniform are provided in the Student Resources area of the website.

## **13 - Dojo Preparation**

When first entering the Dojo, there are some setup requirements if you are the first class training there that day. This involves moving the tables and chairs so that the Shinsa (Front Shrine) and Teacher Portraits can be set up, and the floor must be swept before training. All the shrine and portrait elements are stored in a locked cupboard near the entrance to the Dojo, and instructors have keys to that cupboard. Note: Everything is stored in that cupboard in a particular way.

The tables need to be stored in the alcove near the disabled toilet, and the chairs need to be set up at the back of the hall for parents and visitors (4 specific chairs), and the remaining chairs are moved to either side of the Shinsa area in the middle of the Front (Eastern) wall, if they are not already there.

If you are attending the first class on that day (6:30pm classes on Mondays and Thursdays or 8:30am class on Saturdays), you should endeavour to arrive at least 10 to 15 minutes before the class to assist with the setup.

In the warmer months, the sliding doors and windows on the Northern and Southern walls respectively need to be opened.

After this, the floor is swept in a particular efficient and traditional way. Starting at the North-Eastern Corner near the Fire Extinguisher, the first student will start sweeping along the chair wall from North to South, Left to Right until reaching the Southern wall. The next student starts after them further to the West, and so on, with each student pushing the dirt further to the West until it can all be swept out the Western entrance door, and the landing area cleared of dirt and debris (leaves etc.) Senior students (Uchideshi) will guide beginners in this method, but it is very efficient, and allows each student to clear the floor without stepping in the dirty area.

The sweeping is also a form of Misogi (禊 - Cleansing) of not only the training area, but the student's mind prior to training. It is best to apply oneself wholly to the practice, as it focuses the mind. Students should also offer to take over for instructors with the sweeping task.

## **14 - Greetings & Ceremonies**

### **14.1 - Entering and Leaving the Dojo**

When first arriving at the Dojo, we should ensure that we enter the Dojo either wearing the complete Dogi (Uniform) or be in normal clothes, but not partially in the Dogi. A change room is available if you arrive in normal clothes and need to change.

After removing our shoes and arranging them along the wall neatly, we should stand in the entrance (doorway) to the Dojo, observe the class, and if a ceremony is not under way, call out a greeting to Sensei or the Senpai in charge. This greeting will depend on the time of day. In the evenings (after 6pm) it is... "Sensei/Senpai! Konbanwa!" (先生こんばんは - Teacher! Good Evening!). If it is a morning class (up to midday), the greeting is "Sensei/Senpai! Ohayogozaimasu!" (先生おはようございます - Teacher! Good Morning!). The greeting is "Konnichiwa!" if we ever hold an afternoon class (Midday to 6pm) as sometimes happens with seminars or training camps. If the head instructor present is not in the middle of instructing they should respond with "Konbanwa!" etc.

The student then repeats the greeting "Konbanwa!" (or "Ohayogozaimasu!") to the students present. They should also respond accordingly.

The student may then either move around the Dojo floor to get changed in the change rooms or may start personal practice if the class has not formally begun. If the Dojo preparation is under way or has not begun, all students should first assist with this process.

At the end of any class when leaving the Dojo, these greetings are repeated with the call of "Sensei!, Sayonara!" (先生さようなら - Teacher, Goodbye!) and "Sayonara!" (さようなら - Goodbye!) to the remaining students present. They should respond in kind.

## 14.2 - Greeting Ceremonies

A greeting ceremony is performed before and after each class. This reinforces the need for proper courtesy and manners in the Dojo, as we are practicing a Martial Art, and the courtesies aid in maintaining a proper training environment that quells anger, preventing anyone from losing their temper.

In a 2003 interview conducted in Japan by Irvine Sensei, when asked about what the most important thing for a new student to understand in Karate training is; Fujimoto Sensei said it was the proper attitude to Reigi (礼儀) or maintaining courtesy.

The Greeting ceremony at the beginning of a class is conducted as follows:

- 1) Sensei stands before the Shinsa facing the class, and may call "Line-up!" or "Seiretsu!" (整列)
- 2) Ranked instructors will line up to the left of Sensei, perpendicular to the students. All the students line up under the ceiling beams of the Dojo in grade order, with the most Senior person on the Southern side of the hall to Sensei's left. Additional or visiting Sensei will line up to Sensei's left out the front of the class.
- 3) Sensei will say "Seiza!" (正座 - Formal Seating), which is the command to sit (In the formal seated position on one's knees). This should be done by stepping back and down without committing the hands to the floor in the process of sitting down.
- 4) Sensei will then call "Mokuso!" (黙想 - Meditate), which is a call to Meditate. Everyone closes their eyes and focuses on their breathing. In through the nose, and out through the mouth, carrying the breath deeply, and clearing the mind. This will typically take place for at least 3 breaths or thereabouts, and then Sensei will call "Yame!" (やめ - Stop!) At which point students should immediately open their eyes and focus on their surroundings.
- 5) Sensei (and the instructors) will turn to the Shinsa and call "Shomen ni... Rei!" (正面に礼 - To the Front! Bow!), and all will perform a seated bow. This is just to pause and consider all that is good in our life and all the things that allow us to be at training this day, and to be thankful for that.
- 6) Sensei then calls "Sensei ni... Rei!" (先生に礼 - To the Sensei! Bow!), and all will perform a seated bow while thinking of the Teachers who have come before us.
- 7) Sensei then turns to the class and the Senior Instructor will call "Sensei ni... Rei!" (先生に礼 - To the Sensei! Bow!), and all will perform a seated bow to the teacher/s in front of them. They will say with this bow "Sensei! Onegai Shimasu!" (先生おねがいします - Sensei, please assist me), and Sensei will respond likewise.
- 8) If there are Assistant Instructors to the left of Sensei, the next greeting is to them with the senior student calling "Senpai ni... Rei!" (先輩に礼 - To the Senpai! Bow!), and all will perform a seated bow to the assistant instructors to their right. They will say with this bow "Senpai! Onegai Shimasu!" (先輩おねがいします - Senpai, please assist me), and the Senpai will respond likewise.

- 9) Finally the senior student will call "Otagai ni... Rei!" (お互いに礼 - To each other! Bow!), and all will perform a seated bow to each other. They will say with this bow "Onegai Shimasu!" (おねがいします - Please assist me).
- 10) Sensei will then ask all the students to rise.

The greeting ceremony at the end of the class is conducted in the same way and order with the only difference being that instead of calling out "Onegai Shimasu!" (おねがいします - Please assist me!) everyone will say "Arigato Gozaimasu" (ありがとうございます - Thank you very much for what you have done for me), and the Instructors will respond with "Go Kurosama!" (ご苦労様 - Thank you for your Hard Work!)

### **14.3 - Grading Ceremonies**

Grading ceremonies are conducted after each grading or awarding of rank, and are usually done within a greeting ceremony. When a new grade or rank is to be announced the following will occur.

- 1) Sensei will have the grading certificate and belt ready by his side.
- 2) Sensei will call out the student being awarded by their name.
- 3) The student should answer "Hai!" in a loud and clear voice, get up quickly and run out to a position in front of Sensei with enough room to perform a seated bow and sit down in Seiza.
- 4) The student should initiate a bow to Sensei who will respond with a bow to the student.
- 5) Sensei will then read out the awarded grade or rank with words like the following...  
"[Student Full Name], you are hereby certified to the rank of [Full Grade] in Karate-Do. Itosu Shito Kei Karate-do Kodomon Bujutsu".
- 6) The certificate is offered and received with both hands, and placed beside the student on their left side.
- 7) A final bow between the student and Sensei is initiated by the student and they rise and return to their place among the assembled students, placing the certificate beside them.

### **14.4 - Kagami Biraki**

Kagami Biraki (鏡開き) is the ceremony for the first training class of the new year. Literally meaning to 'Break open a Mirror' it refers to the practice of reflecting on the previous year's achievements and considering one's plans for the coming year.

All students are encouraged to attend on this one night, in a joint training class to get back into regular training from the outset, and to review your progress and plan what you hope to achieve that year.

There are usually some simple drinks and food after training that evening to allow the students to socialise before getting back into the regular class program after that night.

## 15 - Sensei - Senpai - Kohai

Students will often hear the titles of Sensei and Senpai used when referring to the instructors at the Dojo.

Someone who is referred to as Sensei will have attained the grade of 4th Dan, and at Kodomon Bujutsu, that is currently only Irvine Sensei. Further details are provided in the section on Ranks in Chapter 1 as to what constitutes a Sensei, but chiefly it is that grade. On occasion, we may have visiting instructors who are graded 4th Dan or above and they should also be referred to as Sensei. Higher ranks can sometimes be used when speaking about that instructor, but usually not to them personally. "Sensei" will suffice. eg. I might speak about "Kyoshi Smith" or "Shihan Jones" to someone else, but when speaking to them I would call them "Sensei".

When speaking to or about Sensei, that title should be used, especially at or in the vicinity of the Dojo or at any Karate related event. Correct etiquette is to always use that title, no matter where you are, but there may be occasions where it would be inappropriate.

All lower graded black belts (ie. Provisional 1st Dan to 3rd Dan) should always be referred to as Senpai when speaking to or about them. Also any Brown belts tasked with leading a class should also be referred to as Senpai, when you are speaking to or about them in that class.

There are formal Senpai - Kohai relationships formed in the Japanese Arts. This is part of the Japanese culture regarding mentoring. Often a Black belt graded student may find that a senior instructor takes them on in a formal mentoring relationship. Particularly if the instructor is Japanese. Students at the school may encounter this if they pursue further training in Japan or Okinawa in their senior years at the Dojo. In this case the Senpai "Senior" is the mentor of the Kohai "Junior", often for life, providing guidance on their martial arts journey.

Students who undertake the Uchi Deshi program at the Dojo (Inside Student), will have a formal Senpai mentor as part of that journey.

## 16 - Uchi Deshi Program

"Uchi Deshi - 内弟子" is a Japanese term that means "inside student," traditionally also a "live-in student." An Uchi Deshi is someone who decides to walk a higher path of physical, mental, emotional and spiritual discipline for an intensive period of time, as opposed to the "Soto Deshi - 外弟子" or "outside students" who attend general classes on a casual basis.

As an Uchi Deshi, you are making a greater commitment to a developmental life through traditional Japanese Martial Arts, and related self-defence practices, in a committed, total immersion environment. This non-residential apprenticeship program is designed to develop the

student's Karate, Aikido, Kobudo and Kenjutsu/Battojutsu and deepen their understanding of these arts, their philosophy and the classical Way of the Warrior (Bugeisha - 武芸者).

Students may enter the Uchi Deshi program once they have attained the first Blue Belt (5th Kyu), they have a strong commitment to training in most if not all classes each week and will be mentored by one of the Blackbelts in a formal Senpai - Kohai relationship. They assist in the running of the Dojo and lead the student body with Dojo operations. Uchi Deshi are recognisable by the slightly different Badge on their Dogi (The Kodomon Logo with the Laurel Wreath). Uchi Deshi students will maintain this discipline and recognition until they are a black belt instructor. There are many benefits for Uchi Deshi including access to special classes, the various instructors, and training tours to Japan & Okinawa.

## **17 - Dojo Rules**

There are a set of Dojo Rules provided to all students that explain the expected behaviours and protocols used at the Dojo or during training. Students should read and familiarise themselves with these rules as in all cases they are very much common sense or safety requirements. They are part of the recommended reading for 10th Kyu (White belt) and are available both in the appendices of this manual or for download from the Kodomon website at:

<https://www.kodomon.com.au/student-resources>

Dojo rules are often policed by the senior students at the Dojo (Uchi Deshi or Brown belts and above), so if one of the seniors clarifies or raises one with you, please address the issue.

## 18 - Dojo Communication

Regular and clear communication in the Dojo not only aids learning, but is also necessary to maintain safety. Often the teacher will ask a class or individual if they understand something that was just explained or demonstrated. If a student does understand that, then answering with a clear “Hai!” (はい - Yes!) is appropriate, whether individually or as part of a class. If you require further explanation, then simply ask the teacher the question, or you can say “Wakarimasen” (分かりません - I don't understand).

There are several commands used to control or organise a class. These are some of the common ones:

Yoi! (よい)	Prepare! Get Ready...
Hajime! (はじめ)	Begin!
Mawate Ushiro! (まわてうしろ)	Turn Behind!
Hantei! (判定)	Switch! or Decide!
Seiza! (正座)	Sit Down! (Formally)
Rei! (礼)	Bow! Show Respect!

Kamae! (構え)	Ready Posture
Yame! (やめ)	Stop!
Ashi Kaete! (あし かえて)	Change your Stance/Feet!
Kiai! (気合)	Martial Arts Yell
Seiretsu! (整列)	Attention/Line Up!
Hai! (はい)	Yes! or I Understand!

Many exercises are also performed to a 10 count. This is mainly done in Japanese as follows:

Ichi (一)	One (1)
Ni (二)	Two (2)
San (三)	Three (3)
Shi (四)	Four (4)
Go (五)	Five (5)

Roku (六)	Six (6)
Shichi (七)	Seven (7)
Hachi (八)	Eight (8)
Kyu (九)	Nine (9)
Ju (十)	Ten (10)

Kata practice will often include the following commands.

Kite (来て)	Step by Step
Renzoku (連続)	Combination Timing
Yoi (用意)	Prepare!
Kamae (構え)	Take a Stance

Hajime (始め)	Begin
Zanshin (残心)	Remaining Focus
Kao (かお)	Face Forward
Yame (やめ)	Finish

## 19 - The Warm Up

A standard Japanese traditional warm up, or Taiso Undo (体操運動), is led by one of the senior students (usually a Brown belt) at the commencement of a class. This follows a set series of dynamic body exercises and is called in Japanese. Brown belts are required to know how to lead a warm up, so it is advised to pay attention to the commands and order of exercises along with the correct techniques from an early grade to ensure you are well acquainted with the process.

There is a video of the standard Taiso Undo and a sheet with a list of the exercises and the Japanese terminology (with a translation) available on the Kodomon website in the Student Resources area: <https://www.kodomon.com.au/student-resources>



### Kodomon Karate-Do Traditional Curriculum

### Taiso Undo - Warm Up

	Technique/Command	Warm up Exercise
	Taiso Undo	Instructor bows to Class
1	Choyaku	Light Jumping on the spot (Just after Seiza) (Count)
2	Kushin	Knee Bends from Musubi Dachi (Count)
3	Hiza mawashite	Rotating the knees one way then the other (Count)
4	Shinkyaku	Stretch down on each side - feet flat on the floor (Count)
5	Fukaku	Lower down - toes up (Count)
6	Zenkoukutsu	Bending forward and Back at the Waist (Count)
7	Taisoku	Stretch to the Sides (Count) Change
8	Kaisen	Swing the Upper Body around in a Circle (Count)
9	Mune no undo	Chest Stretch - Step forward and swing arms out (Count)
10	Kata mawashite	Rotate the arms and the shoulders forward and back (Count)
11	Kubi no undo zengo	Bend the neck forward and back (Count)
12	Sayu	Bend the neck from side to side (Count)
13	Mawashite	Rotate the neck both ways (Count)
14	Choza ashikubi	Sitting - Ankle Rotation
15	Hantai	Change feet
16	Junan mae	Feet together and straight - stretch forward (Count)
17	Hidari	Legs apart, stretch to the left (Count)
18	Migi	Stretch to the right (Count)
19	Hinette	Twist at the waist from side to side (Count)
20	Mae	Stretch forward
21	Kokansetsu	Bring the soles together and stretch hip joints - bouncing
22	Mae	Stretch forward with Kiai (Count - Singles)
23	Mo ichido	Once again - stretch hip joints - bouncing & stretch forward
24	Ushiro	Straighten the legs and take your legs back over your head
25	Tate (after stand up) Kubi	Stand up, circle the neck both ways
26	Migiashi Kamae Akiresuken	Put the right foot forward and stretch the achilles tendon (Count)
27	Hantai	Other side - left foot (Count)



## 20 - Arriving Late/Leaving Early

We all lead busy lives, and there may be times when we have to arrive late to a class. While we should always be punctual if possible, there is a process for this if you do arrive at the Dojo after the class has started.

If the beginning ceremony is still underway, wait patiently at the entrance to the Dojo, then when it has completed, enter and call the two entering greetings. Then you must complete the beginning ceremony with all three bows by yourself with the called greeting on the last bow, at the rear of the Dojo, then perform any warm up needed, and join the class.

If for any reason (including illness) you are required to leave the Dojo, please advise the current instructor, perform a bow at the door, and if leaving for the day/night, call the leaving greetings.

A bow at the door should be performed if rejoining the class, and also if entering or leaving the change room. It is important that the head instructor is made aware of any illness or injury, especially if it requires the student to leave the Dojo. Our instructors have a Duty of Care for the students in attendance and must account for all of them, whether adults or children.

## 21 - Gradings

Our school conducts regular gradings at the end of the month (usually the last Saturday of the month with some exceptions around school or public holidays)... check the class schedule on the website! <https://www.kodomon.com.au/class-schedule>). Annually these gradings are held from February through to November, with an Open grading held every three months in the months of February, May, August, and November.

All Kyu grade students grading up to the Blue belt levels (up to 4th Kyu - second Blue belt) may grade on any month once they are completely across the curriculum for their current grade and have met the minimum time required for that grade. When grading to the first Brown belt (3rd Kyu) and above, the gradings must be completed at the Open Gradings.

A grading is a personal test of your understanding and technical ability to meet the standards for each grade, and a serious focus should be made when attempting one. In simple terms you should be capable enough with the current curriculum to be able to take on the next grade's requirements after the grading, while retaining all previous grade requirements.

It is imperative that you study the grading sheets and ensure you are across every element on the sheet. If you have any doubts, ask an instructor (from at least Brown belt and above, a Black belt is preferable.) From 7th Kyu (first Green belt) the advanced class is available for

working on any elements of your curriculum that need focus or correction. It is very wise to keep notes of anything that you need to work on, for either the advanced class or to raise with an instructor at an appropriate time.

The last half of every month is dedicated to curriculum work, and the instructors will often spot-check elements of your grading sheet to see what work is needed to cover the body of techniques for that grade. Pay particular attention in these sessions to anything that needs work and make notes and address them in the General or advanced classes or in private practice.



Irvine Sensei receiving a Dan grading from Fujimoto Sensei in Japan



Grading Certificate Ceremony at the Kodokan Dojo

## Chapter 3 - Kodomon Classes

There are four (4) core curriculum areas in Kodomon Martial Arts' Traditional Karate programs. These are:

- 1) Kihon or Basics - the practice of various techniques individually or in combination.
- 2) Kata or Forms - the practice of set named historical patterns of movements and techniques - this curriculum area also includes Bunkai or Kata Application/Analysis.
- 3) Kumite or Sparring - The practice of a range of fighting drills and matches.
- 4) Goshin or Self Defence - These exercises combine Karate bunkai as well as Aikido and Kinetic Fighting principles, techniques, drills and exercises.

Any given class may include all or some of these core elements and will often have a strong focus on one or two of these areas.

The second half of any month (from the 16th) will tend to include more sessions where all four (4) areas are covered to ensure there are no gaps in the curriculum for a student.

General classes are held each week (3 general classes), which are suitable for beginners and all students, but there are also specialist advanced classes held on evening training days for 6th Kyu and above, and a specialist self defence class held on alternate Monday evenings (1st & 3rd) as well as an intermediate/bunkai class class (Alternating weeks (2nd & 4th) held on Monday evenings at 6:30pm for 8th Kyu and above.

Kobudo (Traditional Weapons) classes (for 7th Kyu and above) are held every Thursday Night at 6:30pm.

The Kenjutsu Sword class is held every week on Saturdays from 9:30am for selected students above 5th Kyu. Some of the sword curriculum is introduced in the Kobudo class with Bokken (Wooden Training Swords).

### 21 - Kihon (Basics)

The Kihon (基本 - Basics) are practiced as a class and exercise the various stances, footwork and techniques in the curriculum. They are exercised as stationary and moving drills, and are also exercised with a partner blocking (or striking to exercise the blocks). Kihon are also exercised in combination.

The Kihon includes the various Tachiwaza (立ち 技 - Stances), Ashi Sabaki (足 さばき - Footwork), Tsuki (突き - Punches), Uke (受け - Blocks), Keri (蹴り - Kicks), and Uchi (打ち - Strikes).

These are exercised as:

1. Kihon 1 - Stationary in a specific stance
2. Kihon 2 - Moving with specific footwork (Steps, slides etc)
3. Kihon 3 - Moving with a partner providing corresponding blocks or strikes depending on what the student is exercising.

Some exercises will also practice punches, strikes or kicks into focus mitts or kick shields.

## 22 - Kata (Forms)

The Kata (型 - Forms) are a list of set forms that combine movements with specific techniques. Forming a pattern of technique combinations, they are like a dictionary of Karate, providing a broad set of combinations to be performed in sequence to train the body in these combinations.

While a fight will never follow these patterns, the individual combination sets can be drawn upon once they have made it into neuro-muscular pathways “muscle memory” from continual practice.

Training in Kata starts with some simple patterns that allow a student to familiarise themselves with this practice before starting with the traditional Kata created by some of the former Masters.

The Pinan Kata and the Naifanchi Kata are mainstays in the Shurite Style of our school and form a base to start from before exploring the older advanced kata. There is a great history in many of the kata, and some have a particular purpose or focus.

You will find through your training that certain Kata, and in some cases, some Kata from a certain style, may suit you more than others. This is natural and worthy of exploring.

The complete list of our School's Kata is provided in the appendices of this book.

## 23 - Bunkai (Application)

Each of the Kata have Bunkai (分解 - Analysis) which are the ways we learn the meaning or purpose of the techniques or combinations of techniques within the Kata patterns. In the Kodomon School, there are several formal Bunkai exercises that are used to study the basic Kata (Pinans). Known as the Omote Bunkai (表分解 - Surface Applications), these are broken down into the following Bunkai exercises.

- 1) Hangeki (反撃 - Counterattack) - The addition of counterstrikes to the standard kata. Hangeki informs the practitioner on the counters that are used in the Bunkai.
- 2) Kihon Bunkai (基本分解 - Basic Application) - Breaking out the Bunkai into individual combinations and practicing the application with a partner.
- 3) Kumite Gata (組手型 - Sparring Form) - A set paired drill highlighting the main components of the kata.
- 4) Shiho Bunkai (四方分解 - 4 Direction Application) - An application exercise of the kata performed with many attackers performing the attacks from many directions against a central defender using the kata elements.
- 5) Tate Bunkai (縦分解 - Vertical Application) - A paired exercise where the kata is performed in one long line with one person doing all the attacks and the other performing the defence.

After the Omote Bunkai, or the Obvious applications, usually in the first Dan grades, you are then exposed to the Ura Bunkai (裏分解 - Behind/Hidden Application). These are often the school secrets in the application techniques. In the early days in Okinawa, when Karate was largely taught as a method of fighting, these would be the techniques shown to students who could be trusted with the school secrets. It was often a finesse that would make the technique more effective, or in some cases highlight a different (more advanced) reason the technique was done a certain way.

There is a great deal of depth in the bunkai, and this can be a fascinating aspect of our study of Karate.

## **24 - Kumite (Sparring)**

The Kumite (組手 - Sparring) exercises are a structured introduction to fighting that increase in complexity with grade. These start with very safe exercises that allow a student to discover their skills, timing, accuracy and control, with an increase in complexity, speed, and variations as the student progresses through the grades until participating in free sparring around the middle Kyu grades (Green to Blue belts).

Several of the exercises are designed to focus on specific aspects of fighting to provide an isolated element for honing that aspect of the fight. This includes focuses on rhythm, freeing the mind, preliminary tactics, footwork, as well as honing the three key areas of Distance, Accuracy and Timing control.

This is a risk mitigating approach to introducing a student to the sparring exercises in Karate so confidence can be built over time.

## 25 - Goshin (Self Defence)

The Goshin (護身 - Self Protection) component of the curriculum exercises the various methods of self defence skills and principles taught at Kodomon Martial Arts.

These include a structured program of:

- 1) Traditional Karate Self Defence techniques.
- 2) Elements of the Kata Bunkai applied to striking or grappling threats.
- 3) Elements from the Yoshinkan Aikido Curriculum that teach Grappling Locks for Control, Throws, Chokes and Strangles as well as the defence against these attacks.
- 4) Kyusho Jutsu (急所術 - Art of Vital Points) - An understanding of Pressure Points from Japanese Acupressure for use in Self Defence.
- 5) The Kinetic Fighting Mindset, Principles and Drills.
- 6) Kinetic Fighting Immediate Action Drills against the most common street attacks used in Australian Society today.
- 7) Self Defence against armed attacks using many of these methodologies.

This comprehensive program draws on three of the core areas taught at Kodomon Martial Arts (Shurite Karate, Yoshinkan Aikido, and Kinetic Fighting) to provide the best understanding and skills base for tackling reality based exercises in Self Protection Skills. Overall this establishes the correct mindset and neuro-muscular training to develop a capable system for personal protection in a civilian setting.

## 26 - Personal Fitness Training

### Warrior 9 Daily Training

To supplement the training in the Dojo, we recommend students conduct some simple personal training at home to maintain their skills and to provide an additional fitness element to their training. This generally consists of Warrior 9 exercises and/or Daily Yamabushi Taikokyu.


The Warrior 9 is a simple bodyweight exercise routine that provides a daily or near daily capability for Full-body exercise that improves combat (and general) fitness, and general health.

The Warrior 9 is so named as it can take as little as 9 minutes to complete with three circuits ending with a Kata performance and finally some weapon drills in the higher grades. In the main these exercises can be performed without equipment, and therefore anywhere you happen to be that day, as a morning exercise.

An ideal exercise program is to perform the Warrior 9 exercises on Monday, Wednesday and Friday of every week around the training classes on Monday and Thursday evenings, and Saturday mornings. This allows Tuesdays and Sundays as rest days.

The program uses a High Intensity Interval Training (HIIT) approach to the three sets of exercises with coverage of Full Body, Upper Body, Core, Lower Body and Lifting with combat applicable exercises. It also ensures that a student's complete Kata curriculum is exercised every month.

The full Warrior 9 program is available with Grade Kata lists in the Student Resources area of the Kodomon Website: <https://www.kodomon.com.au/student-resources>



**KODOMON FIT - WARRIOR 9 PROGRAM**

Daily Program

The Kodomon Fit Warrior 9 Program is a daily exercise regime designed to maintain the edge on the traditional curriculum as well as hone the basic fighting fitness of the practitioner. It is built around a High Intensity Interval Training (HIIT) series of exercises with distinctive combat applicability and coverage of the complete kata curriculum on a monthly rotation. It is suitable for all grades and supports daily basic fitness requirements in a 9 minute exercise.

**Pre-Exercise Process**

- 1) Prepare & drink 450mls of water with half a lime squeezed in
- 2) Breathing Exercises - 4 complete Box Breaths - 5 Combat Breaths
- 3) Loosen all joints and shake out

**WARRIOR 9 HIIT Series**  
3 sets lasting 3 minutes each on average

**Round 1 (3 Mins)**

20	Star Jumps
10	Tricep Pushups
10	Military Situps
10	Hindu Squats
2/1	Chinups *
25L&R	Crush Grips
Daily Kata 1/3/...	

**Round 2 (3 Mins)**

20	High Knees
10	Jap Pushups
10	Rotating Situps
10	Reach Squats
2/1	Chinups *
25L&R	Crush Grips
Daily Kata 2/4/...	

**Round 3 (3 Mins)**

20	Shooter Shuffles
10	Tricep Pushups
10	Punching Situps
10	Squat Kicks
2/1	Chinups *
25L&R	Crush Grips
Weapon Drill	

**Weapon Drills**

- 1) Sword (Japanese) ☐
- 2) Staff (Bo) ☐
- 3) Sword (Japanese) ☐
- 4) Staff (Bo) ☐

- 5) Sword (Japanese) ☐
- 6) Staff (Bo) ☐
- 7) Sword (Japanese) ☐
- 8) Staff (Bo) ☐

**Evening Stretches**

- 1) Adductor
- 2) Hamstring
- 3) Gluteus
- 4) Quadriceps
- 5) Calf
- 6) Pectoral
- 7) Shoulders
- 8) Rhomboids
- 9) Triceps
- 10) Biceps
- 11) Trapezius
- 12) Latiss

**Post-Exercise Process**

- 1) Stretch any stiff joints or muscles
- 2) 3 Clearing Breaths
- 3) Prepare & drink 450mls of water & shower

Early Kyu Program  
初級者 方式

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## Yamabushi Taikokyu

The Instructors of Kodomon Martial Arts practice daily Yamabushi Taikokyu (Body/Breath Stretching exercises) that assist flexibility and general health. They follow a 30 day program augmented with the kata and weapon training of the Warrior 9 program developed by Sensei Jay 'Také' Creasey. The 30 day program is available here: [Taikokyu Program](#)

## 27 - Intermediate / Bunkai Class

Our Intermediate / Bunkai classes are provided on the second and fourth Thursday nights of each month at 6:30pm to allow students with some experience (8th Kyu Orange belt and above) a specialist class for focusing on the comprehensive bunkai (Kata application) curriculum or for a free training environment to work on elements of their curriculum at their own pace. This time slot will also be used for any special classes like anniversary memorial training classes, visiting instructors or Hell Night events.

This class provides an opportunity to work on personal goals and the exercises in a student's curriculum that need extra work. We recommend that during the week when you notice something needs work that you either take a written or mental note to address that at the intermediate / bunkai classes.

## 28 - Advanced Class

An Advanced Class follows the General classes on Monday and Thursday evenings. This extra 30 minutes provides an opportunity where the instructor will focus on higher grade techniques, kata, bunkai and kumite, for students from 7th Kyu Green belt and above.

This class may also cover some of the weapon training drills, so it is always good to have these available for that class.

The general class on Saturdays also provides an opportunity for Brown belt students to exercise instructional practice by leading segments of the class on occasion.

## 29 - Kobudo Class

On Thursday nights a Kobudo class is held at 6:30pm which specialises in the curriculum work that focuses on Weapon Training. This is available to 7th Kyu Green belt and above, and will cover the work with the Tanto (Knife), Bokken (Sword), Bo (Staff) and for higher grades Sai (Steel Truncheon), and Nunchaku (Rice Flail).



Practice with these training weapons should always be approached with the utmost of seriousness, and as if any edge is a live blade. This establishes good habits and practices for use of the live weapon, which, at a higher grade, can be done.

## **30 - Yagyu Shinkage Ryu Sword Class**

On Saturday mornings from 9:30am after the General Karate class, selected students can train in the Kuroda Han Yagyu Shinkage Ryu Sword class.

This class teaches the basic techniques and forms of this 600 year old school of sword fighting. Much of the training is performed in a very formal dress (Hakama and Keikogi) with training swords and requires a senior level of control and skill.

## **31 - Self Defence Class**

A Self Defence Class is conducted on alternate Monday evenings from 6:30pm. This class is conducted in normal civilian clothing. Typically a T-Shirt or Jersey and cargo pants or shorts, depending on the season. As some ground work is done on the wooden floors (and at times on mats), trousers are often an ideal option.

There is a Kodomon Edge Training Jersey available for order which is very suitable for this training. Orders are taken periodically as we need a minimum of 5 shirts per order. We also recommend 5.11 TacLite Trousers (Khaki or Stone) for this training, as they are designed for this use.

Our Self Defence classes concentrate around continuation training and the principles of Kinetic Fighting (KEF), along with the exercises and Immediate Action Drills in both the Kinetic Fighting courses/curriculum, as well as those covered in the Tough Choices courses.

Reality based exercises are often conducted within the Self Defence Classes, and scenario based attacks form a key part of continuation practice. These classes are also a good opportunity to explore scenarios where a student would like to understand how these principles and drills may apply to a given situation. This class is very practically oriented, and most of the immediate action drills are based on the most common assaults experienced in Australian society. There is an underlying principle of ensuring that we deal with and exercise these most common assaults and apply an immediate action drill that is simple to execute, but has a high percentage of successful results.

Students in the Self Defence Classes do not also need to train in the Traditional Karate program, but will gain a significant benefit from doing so, as many of the techniques used in Kinetic Fighting are enhanced by an understanding and the practice of Traditional Karate. So it is possible to train only in the Self Defence classes and courses, but most students do both.

Two to three times a year, a Tough Choices Course is held during these class times for the four Monday evenings of those months. There is often an influx of new students via this course. Further details about the Tough Choices Courses are provided in the next section.

## 32 - Tough Choices Course

The Tough Choices Courses are an initiative of the Kodomon Foundation, which is the not-for-profit arm of the Kodomon Martial Arts School focused on providing Self Defence courses for 'At-Risk' people whether from domestic situations or because of occupational risks.

These courses introduce people to the principles of Kinetic Fighting (KEF) and the basic drills required for surviving common assaults.



### **KINETIC FIGHTING**

The courses are run two to three times a year on Monday evenings during the Self Defence Classes for the first 4 Mondays of that month. They are usually held as a Summer Course (March), a Winter Course (July), and a Spring Course (October). The four weeks start with a one and a half hour class that commences at 6:00pm on the first Monday of the month, and then continue with 1 hour classes for the next 3 weeks starting at 6:30pm.

There is a particular focus for each week, and each class closes after a "Tough Choices Challenge" which tests the skills and drills taught during the class.

Each Course will have completely new students entering training, but current students or those who have completed the course prior are also welcome to retake the course for continuation training, or to assist new students in the course.

The program for each Tough Choices Course is as follows:

**Week 1:** Kinetic Fighting Principles and the Basic Drills for the first half hour, followed by exercises that support each of the 5 Principles of Kinetic Fighting during the second hour.

**Week 2:** Immediate Action Drills and Exercises are practised against the more common Assaults with a focus on Strikes.

Week 3: Grapple attacks, Strangles and Chokes.

Week 4: Ground Defence and introducing some of the Weapon Attacks.

## Chapter 4 - Dojo Culture

### 33 - Okinawan/Japanese Culture in Karate

The origins of Traditional Karate stem predominantly from Okinawa in Japan, and while the predecessors of Karate have their roots in China and India, Okinawa is recognised as the home of Karate as we know it today. Any sport has elements of the culture of its home nation, and even more so, an Art with a Martial background. Much of the culture of that nation is seen in the everyday practice of the Art. A Japanese or Okinawan person would understand a lot of the culture in Karate quite naturally, but Western students may need some explanation around some of the cultural aspects of the practice. Having a common language means it is easy to join Karate training anywhere in the World.

Within the Japanese Martial culture are the principles of Bushido (武士道 - Way of the Noble Warrior). There are seven core principles in Bushido and as an aid to non-Japanese two additional principles are added into what is now known as Shinbushido (新武士道)  
- The Modern Way of the Noble Warrior.

These nine principles are:

#### The Foundation Principles

- 1) Rei (礼 - Courtesy)
- 2) Gi (義 - Righteousness)
- 3) Jin (仁 - Benevolence)

#### The Martial Principles

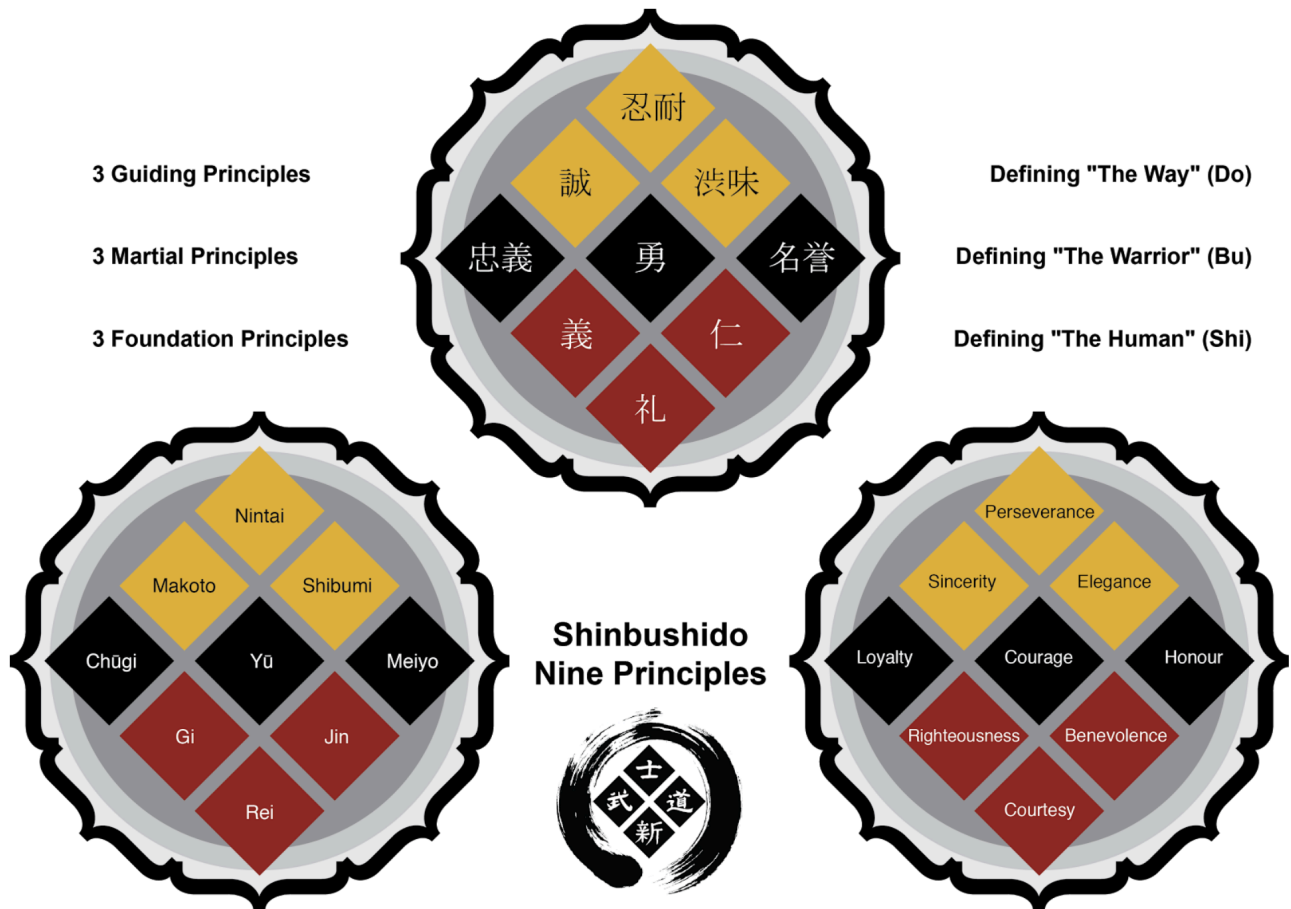
- 4) Yu (勇 - Loyalty)
- 5) Chugi (忠義 - Courage)
- 6) Meiyo (名誉 - Honour)

#### The Guiding Principles

- 7) Makoto (誠 - Truthfulness)
- 8) Shibumi (渋み - Elegant Simplicity)
- 9) Nintai (忍耐 - Perseverance)

These nine principles define the behaviour of a Noble Warrior, and had their history and origins in the ethics of the Japanese Samurai class in the Pre-Meiji restoration era of Japan's history.

They are just as appropriate today and provide any modern warrior, or any citizen practising Martial Arts with the appropriate ethics.



- The Foundation Principles -	- The Martial Principles -	- The Guiding Principles -
<ul style="list-style-type: none"> <li>❖ Rei - Courtesy</li> <li>❖ Gi - Righteousness</li> <li>❖ Jin - Benevolence</li> </ul>	<ul style="list-style-type: none"> <li>❖ Chūgi - Loyalty</li> <li>❖ Yū - Courage</li> <li>❖ Meiyo - Honour</li> </ul>	<ul style="list-style-type: none"> <li>❖ Makoto - Sincerity</li> <li>❖ Shibumi - Elegance</li> <li>❖ Nintai - Perseverance</li> </ul>

Most of these principles are self-evident, and should be a guide to the appropriate behaviour of a Modern Martial Artist.

At the base of the Foundation Principles is the concept of Rei (礼 - Courtesy). And appropriately, this is the first principle that is taught to a new student. There are many things in the culture of Karate that focus on courtesy. A new student should pay close attention to these. Indeed, when interviewed in 2003, Fujimoto Sensei stated that Reigi (礼儀 - The practice of courtesy) is the most important aspect of training for a new student.

Our greeting ceremonies reinforce this practice, as does the appropriate receiving of items from a senior student or instructor (such as a certificate at a grading ceremony) which should be performed by receiving the object with both hands. The bowing at each change of class formation or when pairing up with a new partner is also one of these practices.

A simple guideline for a student wishing to perform the appropriate courtesies and manners in the Dojo is to attentively watch senior students (particularly the Black belts) for the right courtesies, etc.

The presence of a Shrine on the front wall is also another aspect of the Japanese culture, which has its origins in Shinto, but does not have any religious significance in the Dojo today. It is merely a focal point.

The wearing of a Dogi (Uniform) is another reflection of the Art's Japanese roots, as this clothing was simply traditional underwear that was worn during practice. The coloured belts are a newer addition introduced first into Judo in the early part of the 20th Century by its founder Jigoro Kano, and later also introduced to Karate, simply to make it easier to ascertain a student's level of knowledge or skill in the curriculum.

The other aspect of Japanese and Okinawan culture in Karate is of course the language. This will be covered in the next section.

## **34 - Okinawan/Japanese Language in Karate**

While Japanese is often considered the main language used in Karate, its origin in Okinawa means that many of the terms used in Karate are from the Okinawan Hogen (沖縄方言 - Okinawan Dialect) known to natives of Okinawa as Uchinaguchi (沖縄口).

This means that much of the terminology, whether they be commands, names of techniques or body parts, are often either Japanese or Okinawan words.

While it is quite important to learn these terms, a new student should not be concerned about the language learning requirements. It happens quite naturally, and with continual use, most students have no problems picking up the terms. A good guideline is to try and pick up a new term at each class, and eventually they will become common and well known. The Japanese/Okinawan language is quite simple in its grammar, and in most cases just placing the words in order is all that is required to piece together the name of a specific technique.

It is recommended that, at the very least, a good study of the Beginner's Pronunciation Guide in the appendices of this manual will assist the new student in the task of understanding the language of Karate. Also, each of the curriculum sheets have the names of techniques both in Japanese and English.

## 35 - Student Behaviour

There is a strong focus on self discipline in a traditional Karate class, and in conjunction with the Dojo Rules and a healthy dose of good courtesy and attentiveness, a new student will find that the expected behaviour of students is quite self evident, and straightforward.

Paying close attention to instructors, developing strong listening skills as you start your training journey, and maintaining a humble approach to your study, and polite questioning at the appropriate times is always a good practice.

Communication is also key in the Dojo, so ensure that if you understand something when asked, you always answer clearly with "Hai!". If not, after decent consideration, then ask the teacher the question.

There are certain exercises that should also be treated with the utmost seriousness, if for no other reason than to maintain safety in training. These include the Kumite (Sparring), Goshin (Self Defence) and any Weapons (Kobudo/Kenjutsu) exercises, as well as Shugyo (Austere Training) classes and gradings.

## 36 - Instructor Behaviour

Our instructors, from the Chief Instructor to the first time Brown belt, are expected to be role models of student behaviour, and must set this standard.

You can expect that any instructor in the Dojo will model the Dojo Rules, and any of the behaviours detailed in this manual.

Instructors should be polite and clear in communications at all times. There will be times when an instructor may be quite loud and take on a sharp tone of command. This is quite normal, and allows them to be heard over the noise of training, or other instructors, but also can be used to produce quick reactions from the student group.

If you are unsure about anything an instructor is saying or directing, please try to clarify this at first with the instructor, but if further clarity is required, raise it with the Chief Instructor.

Ranked Instructors are easily identified by the Kodomon Kanji (Characters) embroidered on their Dogi instead of the Kodomon Club Badge.

## Kodomon Martial Arts Annual Program

### January

- Kagami Biraki & Keiko Hajime - First Training Class of the Year & Celebration
- Kodomon Open Day

### February

- Sogo Shinsa - Open Grading (Full Ceremonial)

### March

- Tough Choices Self Defence Course - Summer
- Kaicho Tanjobi - Style Founder's Birthday (Fujimoto Sensei) Memorial Training & Dojo Anniversary Dinner

### April

- Training Tours to Japan/Okinawa (when organised)

### May

- Kodomon Open Day
- Sogo Shinsa - Open Grading (Full Ceremonial)

### June

- Kangeiko - Winter Training

### July

- Tough Choices Self Defence Course - Winter

### August

- Annual AFTK Seminar - Qld
- Sogo Shinsa - Open Grading (Full Ceremonial)

### September

- Kodomon Open Day
- Kancho Tanjobi - Dojo Founder's Birthday

### October

- Tough Choices Self Defence Course - Spring

### November

- Sogo Shinsa - Open Grading (Full Ceremonial) & Annual Awards Ceremony

### December

- Koto Hajime - Finish of Training & Dojo Clean

## 37 - Dojo Events

There are several events that occur during a training year. These include some that have a traditional/cultural element to them, and the majority have a particular training or social focus.

The various events are detailed in the annual program above and the sections below.

### 37.1 - Kagami Biraki & Keiko Hajime

The first training night of the year is called Kagami Biraki (鏡開き - Break Open a Mirror), which in Japanese Tradition is the way most Martial Arts schools start the new year. This is a combined class, with a discussion by the Chief Instructor about the meaning of Kagami Biraki, which is largely to do with reflecting on the previous year's achievements, and setting goals for the year ahead.

Kagami Biraki also has the social advantage of bringing everyone back to training together for that first class, and to provide a small social gathering after training with simple drinks and food.

This is usually held on a Monday night in the middle of January, after the New Year break, and starts at 6:30pm for one general class. The normal training program returns after that evening.

Kagami Biraki originated when the fourth Tokugawa shogun first held this ceremony over 300 years ago. On the eve of war, he gathered his daimyo in his castle to break open a sake cask. Upon achieving victory, a new tradition was born. Keiko Hajime (稽古 始め - Start Training).

### 37.2 - Kodomon Open Days

We sometimes hold an open day a small number of times a year to encourage new students to join our school. These are typically held the weekend before the start of each Tough Choices Course through the year (In Late February, May and September) during the normal class time of a Saturday morning (8:30am to 10:00am)

Students and instructors will demonstrate common elements from our traditional curriculum and will also provide a briefing for anyone in attendance.

### 37.3 - Open Gradings

There are four (4) Open gradings held every year, on the last Saturdays of February, May, August and November. When testing to 3rd Kyu (1st Brown belt), or higher, the gradings occur less frequently and are held only every three months. This also concentrates the number of



senior students grading together which often aids in conducting the tests by having more senior students and instructors available to assist in the gradings.

Open gradings are also interesting and informative for students to watch, allowing them to observe higher grades undertake their tests. There is often a small social gathering at the conclusion of the Open grading in the Dojo. Open gradings are also available for lower grades to test as well.

The final Open grading of the year is also followed by the Annual Awards ceremony.

## **37.4 - Shugyo Training**

Shugyo (修行 - Austere Training) is a special class that is held periodically. It increases the intensity of the class and exercises to not only work the body with harder work, but to steel the mind to this kind of hard work. It is useful for developing one of the key Guiding principles of Nintai (忍耐 - Perseverance).

A Shugyo class is never scheduled or announced and will just be advised on the night, and every student needs to try their best to persevere through the class without complaint, and to best overcome the feeling of wanting to stop or quit.

This is a spirit building exercise and develops strong bodies and minds, and a student will tackle this class best if they take an attitude of just pushing through it and accepting that like every day life, sometimes a hardship is just thrust upon you and needs to be endured.

Shugyo classes will include, but are not limited to, resistance drills where one student strikes at a partner who continually blocks these attacks, strength exercises with endurance components to them, interspersed complex kata with exhausting drills to trial memory and coping with working with a tired body and a fatigued mind.

In the Japanese Martial Arts you will often hear the term “Osu!” called out by students, which has many origins for its use, but foremost, and applicable to a Shugyo class, is the connotation of “Push On!” or “Try Hard!”. It is often used as an exhortation to other students to bear up under the hard work and keep working/trying. The spirit of “Osu!” is a good attitude to take into a Shugyo class.

## **37.5 - Dojo Anniversary Dinner**

Around the 25th of March each year, the Kodomon Martial Arts School holds a Dojo Anniversary Dinner. This dinner celebrates the yearly anniversary of the founding of the Dojo since it's opening in 1997, and is also the birthday of the Founder of our style, Sensei Sadaharu Fujimoto (25th March 1931).

This dinner is always hosted in a traditional Japanese Restaurant, often with a Teppanyaki (Japanese BBQ) format to suit most people's tastes. This event has been held every year since 1998, and is one of the formal social events of the Dojo calendar, and a great night as Teppanyaki means that there is also a bit of a show by the chefs.

Students of our school and their partners are welcome to attend this evening and it is very much encouraged as we have only a few social events in the annual calendar. Sensei will at times make a special presentation or discuss an aspect of our history or philosophy on this night.

### **37.6 - Annual AFTK Seminar**

Around August/September each year the instructors arrange for a traditional Karate & Kobudo Seminar hosted at a Brisbane based Dojo, or when possible, a visiting instructor from Japan or Okinawa. These instructors can come from any of our Styles including Karate, Kobudo, Aikido, Kenjutsu/Iaido, or Kinetic Fighting/BJJ. The seminar may just be a single session held on one of our training days, or may be run on a weekend.

### **37.7 - Training Tours to Japan/Okinawa**

Also in April or September when it can be arranged, a training tour to Japan and/or Okinawa will be organised. These are focused training trips with significant focus on learning while in Japan, and participants must be either an instructor or an Uchideshi student. These tours take in historical sites of the Japanese martial arts, and are amazing events.

### **37.8 - Kangeiko & Hōnō Embu**

Kangeiko (寒稽古 - Winter Training) is training classes held in June/July that take advantage of the winter weather for a type of toughness training – forcing oneself to perform under difficult cold conditions. In general, this strengthens the “fighting spirit” by helping us find our true limits and quieting the inner-weakness that keeps telling us to give up.

This idea of subjecting oneself to harsh treatment in order to strengthen the resolve owes to the influence of Buddhism (in Japan, anyway). Ascetic monks would choose the coldest days of the year to set an example and demonstrate their piety. Some dedicated samurai borrowed the practice and began subjecting themselves to intense training on these days as well. It eventually became a tradition in the Martial arts with Judo adopting the practice, and as a result, most modern Japanese martial arts, especially Karate have some sort of kangeiko tradition.

Around this time (June/July) the Dojo may also hold a Dojo Demonstration called Hōnō Embu (奉納演武 - Ancestor Dedication Demonstration). This semi-private demonstration gives the instructors and students a chance to demonstrate their ability with various aspects of our training, culminating with demonstrations by the senior instructors and the Chief Instructor of our Art. Demonstrations consist of Basics, Kata, Bunkai, Weapons Kata, and Tameshiwari (試し割り)

- Trial Breaking Techniques). The origins of Hōnō Embu was in dedications to the Ancestor teachers of the Dojo, and today provides an opportunity for students and family members to watch these skills being demonstrated in this event.

### **37.9 - Kancho Tanjobi & Haru Gasshuku**

Sensei's birthday, Kancho Tanjobi (館長誕生日 - Dojo Head's Birthday) is celebrated each year sometimes with a Spring Camp, Haru Gasshuku (春合宿 - Spring Training Camp), a training camp open to all students and their partners/children at a mountain retreat in September. This camp runs from Friday night through to Sunday, and includes a number of training classes and plenty of social activities. Our training camps have been a great social and learning event on our annual calendar, and will be held if numbers permit.

### **37.10 - Dojo Social Events**

On a few occasions during the year, the School will host social events for the students and their families, other than the Dojo Anniversary and the End of Year/Christmas Party. These are often ad hoc events that sometimes bear a relationship to the Japanese or Martial Culture of the school. We have hosted Martial Arts movie nights, Taiko Drummer performances, Official dinners with the Japanese Consulate or Australia Japan Society, Axe Throwing days, etc. Students with suggestions for a social event (suitable for the school) should approach Sensei or Senpai Agnieszka Irvine with the concept.

The last formal event of the year is the End of Year/Christmas party which is usually held at a Redlands restaurant with a less formal atmosphere, on the Saturday night following the last training night of the year.

We encourage all students and their families to attend this end of year function as we break up in December before the Summer break.

### **37.11 - Jigoku no Yoru (Hell Night)**

Towards the end of a Brown belt's journey before their first Black belt grading (Shodan Ho - Provisional Black belt), a spirit test is conducted that is similar in nature to a Shugyo class, but is dialled up a few notches. This test places the student under significant duress both physically and mentally and culminates in a number of Kumite (sparring) trials and Self Defence exercises that are very realistic, and difficult for the individual being tested.

Ultimately, the test is to ensure the student does not give up in the combative struggles they are faced with in the trial, and the intensity of the night leads to its name Jigoku no Yoru (地獄の夜 - Hell Night). Passing this spirit test also develops a student's self confidence, reassuring them that the years of training have provided them with the combative survival skills needed to deal with an actual attack.

There are some standard elements to the Hell Night trial, but some will always be catering to the individual's challenge requirements. A student who goes on to test for their Black belt will have passed this trial, and will also know they have earned the right to wear that belt with a greater sense of pride in the achievement.

A Hell Night trial is a very interesting part of a Dojo's experiences and should not be missed!

### **37.12 - Kodomon Annual Awards**

After the final Open Grading of the year, our Annual Awards ceremony is conducted, recognising excellent efforts by the students of the School, many of which are seen as excellent role models for the other students. We also recognise students who have 5, 10 & 25 years of training.

These awards recognise outstanding students and instructors, awards for fighting spirit, Karate knowledge, perseverance and self defence. Awardees receive trophies, certificates, and some are added to perpetual shields/cups. We encourage everyone to attend and support fellow students on this day.

Drinks and food are also provided after the ceremony.

### **37.13 - Keiko Osame**

On the last day of training, Keiko Osame (稽古納め - Final Practice) in December before the summer break of approximately 4 weeks, there will be a working party organised by the Uchi Deshi to give the Dojo a thorough clean, preparing the hall for the next year of training. All the students are welcome and encouraged to participate to look after the great facility where we hold our training.



Kodomon Martial Arts Annual Awards at the Kodokan Dojo

## Chapter 5 - Appendices

### 38 - Nine Principles of Kodomon Karate-Do

The following are the Nine Principles of Kodomon Karate-Do expanding on Fujimoto Sensei's Principles of International Karate-Do Shobukai, for a Western audience.

1. Henceforth, I shall faithfully train to strengthen my mind and body
2. I am willing to endure rigorous training to achieve my goal
3. As my strength increases, I shall seek to cultivate a gentle heart
4. I shall not use my skill outside the Dojo except in the most extreme circumstances
5. At all times I will try to avoid inflicting injury upon another person
6. I will not brag about my skill, nor use it maliciously
7. I shall train with the spirit of humility
8. I will honour all Martial Arts in the spirit of the founding philosophy of the International Karate-do Shobukai
9. Karate is a way of Life. I will endeavour to embody the Martial virtues of:
  - Courtesy (Rei - 礼),
  - Righteousness (Gi - 義),
  - Benevolence (Jin - 仁),
  - Courage (Yū - 勇),
  - Loyalty (Chūgi - 忠義),
  - Honour (Meiyo - 名誉),
  - Sincerity (Makoto - 誠),
  - Elegant Simplicity (Shibumi - 渋み), &
  - Perseverance (Nintai - 忍耐)

## 39 - Kodomon Dojo Rules

Some new students find it challenging adjusting to Dojo etiquette. When one joins the Dojo, he or she is expected to follow the rules very strictly, for if a new student cannot follow directions or rules they place themselves and others at risk.

Dojo Rules are provided for the safety of all students. Always remember that we are practicing a Martial Art, that is, a form of combat studies. Without rules we lack the necessary safeguards required by such study. There are no other reasons for these rules other than to provide a safe environment for training and an orderly and appropriate means for all students to learn.

- Be honest and sincere, and maintain the utmost courtesy and respect for your Dojo (Training Hall), Sensei (Teachers), Senpai (Seniors), Kohai (Juniors) and yourself. This respect should also be observed for your parents, employers, teachers, and elders.
- Senior citizens in the Dojo Precinct and parents of students should be addressed with proper respect, using their title and surname. Eg. Mr Jones.
- Maintain the level of courtesy and respect you perform in the Dojo in your everyday life.
- Always respect other Martial Artists. Never "Talk them down" in the dojo, and refrain from this practice in general.
- Students should follow the directions of their seniors. Especially the Blackbelt Instructors.
- Always respond to your Instructor's questions, directions or corrections with "Hai" or if you do not understand ask the instructor.
- The Dojo is a place for serious Martial training. Accordingly, talking should be kept to a minimum in the Dojo. However, feel free to socialise after training.
- Remove your shoes before entering the Dojo, and place them neatly beside the door at the Students' Entrance.
- No jewellery is to be worn while training. If it is necessary to wear wedding bands or religious items, these should be secured to prevent injury to yourself or others.
- All Kyu Grade students (or the nearest graded students) are to sweep the Dojo floor before every class.
- Always wear a clean, white Karate Dogi (Uniform) during practice in the Dojo.
- Your Dogi should only have the appropriate Club badges, and be worn completely. The belt should be tied in the proper fashion.
- Ladies/girls may wear a plain white T-Shirt or crop-top under their Dogi. All students may wear a plain white T-Shirt under their Dogi in the colder parts of winter.
- Men may wear a groin guard. Ladies may wear sports-bras and chest guards.
- Hair should be tied back or in a bun so as not to endanger the student. An appropriately coloured scrunchie (Black) is allowable.
- Any clinical sports braces or strapping may be worn. Please inform the head instructor of any injuries that are strapped or braced.
- Sports glasses or soft contacts may be worn.
- Keep fingernails and toenails short.

- Students should maintain good clean hygiene.
- The Dojo is a Smoke-Free environment.
- Alcoholic drinks must not be taken before class.
- Drug abuse, including performance-enhancing drugs will not be tolerated.
- Attend classes regularly and punctually. Inform your Sensei/Senpai of any expected absences or potential reasons for lateness.
- All students should arrive at the Dojo at least 10-15 minutes before class to prepare the Dojo and themselves for practice.
- If you arrive late to class, enter appropriately (Not during ceremony), and perform your own seated bows. Once this is done, after warming up, approach your instructor to include you in the class.
- Permission must be sought from your instructor before leaving the training area. Fit students should not need to ask for breaks from training. Ample rest breaks are provided.
- Ensure that your tuition fees and any other expenses are paid on time.
- Avoid interrupting your instructor. Raise your hand and wait for a response, when you have a meaningful question or need to be excused.
- Always perform a courtesy bow (Rei) before and after every practice, when entering or leaving the Dojo, and whenever you change the formation of the class or partners.
- Never allow anger to develop during training. Maintain proper humility at all times. Remember that your actions affect others, and that we are exercising a combat art. Have due care for the safety of others.
- No fooling around will be tolerated in the Dojo. Especially during any kumite (Sparring), self defence or weapons practice. This is dangerous to others.
- No bullying will be tolerated. This goes against everything that we train for.
- Always warm-up at the beginning of class. The Head instructor will select a senior student to lead the formal warm-up for the class. Always warm-down/stretch after class. If no formal warm-down is conducted, perform your own.
- All students must endeavour to maintain the "Beginner's Mind". That is, free of pre-conceptions and ego, and an intense willingness to learn from all others, including our juniors, and all experiences, both positive and negative.
- Each day, learn something new.
- All students must strive to train hard, and to persevere through all hardship, without complaint, and with a positive outlook.



## 40 - Itosu's 10 Precepts of Karate-Do

The following is the full translation of Shurite Founder, Sensei Anko Itosu's 10 Precepts:

Karate did not develop from Buddhism or Confucianism. In the past the Shorin-ryu school and the Shorei-ryu school were brought to Okinawa from China . Both of these schools have strong points and I therefore list them below just as they are without embellishment.

1. Karate is not merely practiced for your own benefit; it can be used to protect one's family or master/employer. It is not intended to be used against a single assailant but instead as a way of avoiding injury by using the hands and feet should one by any chance be confronted by a villain or ruffian.

2. The purpose of karate is to make the muscles and bones hard as rock and to use the hands and legs as spears. If children were to begin training naturally in military prowess while in elementary school, then they would be well suited for military service. Remember the words attributed to the Duke of Wellington after he defeated Napoleon, "Today's battle was won on the playing fields of our schools".

3. Karate cannot be quickly learned. Like a slow moving bull, it eventually travels a thousand leagues. If one trains diligently for one or two hours every day, then in three or four years one will see a change in physique. Those who train in this fashion will discover the deeper principles of karate.

4. In karate, training of the hands and feet are important, so you should train thoroughly with a makiwara. In order to do this, drop your shoulders, open your lungs, muster your strength, grip the floor with your feet, and concentrate your energy into your lower abdomen. Practice using each arm one to two hundred times each day.

5. When you practice the stances of karate, be sure to keep your back straight, lower your shoulders, put strength in your legs, stand firmly, and drop your energy into your lower abdomen.

6. Practice each of the techniques of karate repeatedly. Learn the explanations of every technique well, and decide when and in what manner to apply them when needed. Enter, counter, withdraw is the rule for torite (old school sparring).

7. You must decide if karate is for your health or to aid your duty.

8. When you train, do so as if on the battlefield. Your eyes should glare, shoulders drop, and body harden. You should always train with intensity and spirit as if actually facing the enemy, and in this way you will naturally be ready.

9. If you use up your strength to excess in karate training, this will cause you to lose the energy in your lower abdomen and will be harmful to your body. Your face and eyes will turn red. Be careful to control your training.

10. In the past, many masters of karate have enjoyed long lives. Karate aids in developing the bones and muscles. It helps the digestion as well as the circulation. If karate should be introduced, beginning in the elementary schools, then we will produce many men each capable of defeating ten assailants.

If the students at teacher training college learn karate in accordance with the above precepts and then, after graduation, disseminate this to elementary schools in all regions, within 10 years karate will spread all over Okinawa and to mainland Japan. Karate will therefore make a great contribution to our military. I hope you will seriously consider what I have written here.

- Anko Itosu, October 1908

## **41 - Kodomon Frequently Asked Questions**

Q. What style of Karate do you practise?

A. - Traditional Okinawan/Japanese style of Karate-Do (Way of the Empty Hand)  
- Main Style is Shuri-te (Based around Shuri City in Okinawa) - It is similar to Japanese Shito-Ryu (Pron. Shoo-Ree-Tay)  
- Exact Style is Itosu Shito Kei (Named after Itosu Sensei) (Pron. Itosu Shito Kei = It-Toss-Sue Shh'Tow Kay & Shito Ryu = Shh'Tow Ree-oo)

Q. What is the Training Like?

A. Classes go for 1 hour and are made up of a mixture of basics (Kihon), forms (Kata), non-contact sparring (Kumite) and self-defence exercises (Goshin). There may be a special emphasis on any one of these elements at any given class or any combination of them. Roughly every other month there is a special class known as Shugyo which increases the intensity and aerobic requirements in the class. Gradings are usually held on the last Saturday of the month. Students are encouraged to train within their own limits, and up to their potential.

Q. Do I have to be Fit?

A. Karate is for all people, no matter what level of fitness you may have, no matter what age (Children start from the age of 13, but branch Dojos may conduct younger children's classes). Fitness levels will increase throughout your training. You do not have to perform any other form of Fitness exercising as a pre-requisite or to supplement your Karate training. Karate is an all-round fitness exercise without concentration on any one part of the body. A Karate practitioner's fitness will remain high well into their senior years. A

personal fitness exercise daily program is provided to students that supports the combat techniques and fitness requirements. (Warrior 9)

Q. Do I have to go in Tournaments?

A. Tournaments are not a core focus of our training, however, a tournament is one of the safe ways to experience a combat encounter as close to reality as possible. For this reason, tournament participation is not necessary but recommended at least once. We encourage you to at least experience this aspect of sparring training at some stage.

Q. I have an "X" Belt in "Y"... Do I have to start again at White Belt?

A. If you have a recognised Rank from the Australian Karate Federation (or any member Country of the World Karate Federation) or from one of the Traditional Ryuha (Styles) you can keep your current Rank. You will be required to learn any of the Basics, Kata, Sparring exercises and Self Defence curriculum from earlier ranks within our style, if you have not done so, or if your style differs significantly in its form. If you have a rank from another martial art (such as Judo, Aikido, Jujutsu, etc) you will have to start at 10th Kyu (White Belt). Your experience and ranks in other Martial Arts are treated with respect at our Dojo.

Q. Do you teach Self Defence?

A. Throughout all of our training, there is a strong element of self-defence work built into our basics and the analysis (Bunkai) of Forms (Kata). At each grade there are specific exercises and techniques designed to address specific modern day self defence situations. Sensei has also trained under Police Self Defence Instructors, Bill Turner of the Queensland Police, Michiharu Mori of the International Yoshinkan Aikido Federation, Sensei Keleher a former Qld Police Self Defence Instructor, and Paul Cale of Kinetic Fighting. The Kinetic Fighting program forms the basis of the principles and techniques we use in our self defence curriculum and courses.

Q. What is the Lineage of your Style?

A. Sensei Irvine has trained under both Sensei Graham Keleher, (7th Dan Retired Chief Instructor of the AAMA, Qld State Junior Coach, and Oceania Representative to the World Karate Federation Technical Committee) and Sensei Keleher's teacher, Sensei Sadaharu Fujimoto (8th Dan Founder of International Karate-Do Shobukai and Former Japanese National Coach). Fujimoto Sensei's Teacher was Sensei Hiroshi Kinjo (9th Dan Shuri-te) who studied under Hanashiro Chomo & Oshiro Chojo, both Students of Itosu Anko.

Q. Do I have to do a certain amount of Training?

A. One (1) night a week is OK, but real progress is made, and the curriculum is designed around at least two (2) classes a week, and ideally three (3). We train on Monday and Thursday nights and Saturday mornings. The open monthly tuition fee covers all three classes in a week including the advanced classes for senior students. There is also a rate

for two classes a week and one class a week if required, which allows you to train at any of the three classes.

Q. How often do I have/get to do Gradings?

A. There is a class number guideline within the grading system. (~15 classes to Yellow Belt, 20 to Orange, 30 to Green, and so on) for all the other coloured belts up to Provisional Black Belt. In the Dan Grades the progression is over years of continuous training eg. 2 years to 2nd Dan, about 3 years to 3rd Dan etc. The Dan Grade requirements include a 2-3 class per week training average.

Q. What are the grades in your school?

A. Starting at 10th Kyu (White Belt), then 9th Kyu (Yellow), 8th Kyu (Orange), 7th Kyu (1st Green), 6th Kyu (2nd Green), 5th Kyu (1st Blue), 4th Kyu (2nd Blue), 3rd Kyu (1st Brown), 2nd Kyu (2nd Brown), 1st Kyu (3rd Brown), Shodan Ho (Provisional Black Belt), 1st Dan, 2nd Dan etc.

The Junior curriculum (for students under 18) has similar equivalents and the same coloured belts.

Q. How long will it take to get to Black Belt?

A. If you regularly train 2-3 classes a week, continually, it will take you 3½ to 4 years to reach Black Belt. This period will essentially double if you only train 1 night a week.

Q. Is your Karate Full/Semi/Non Contact?

A. We practice Non-contact Traditional Karate. In effect this means minimal contact, to the extent of light hits to the body area, and no contact to the head. However, this is a Martial Art, and some bodily contact should be expected with blocking and during sparring etc. Judgement errors can happen, as with any sport, however, our Karate is safer than most body contact sports. There has never been a serious injury in an Australian Karate Tournament throughout the entire history of the sport in this country.

Q. Do I need to get a Uniform/Gi/Dogi straight away?

A. The Beginner's courses can include a uniform in the price, and is a very cost effective way of purchasing the uniform. However the requirement for a Uniform only starts just prior to your first grading (to yellow belt, ~15 lessons). This usually gives you (or your child) ample time to assess your/their commitment to the Art/Sport, before outlaying this expense. However, the uniforms are inexpensive, at \$60 for a complete uniform for children or adults. The uniforms are available at the Dojo, with a 1 week waiting period from order. A club badge is required on the uniform, this is included in the price of the first yellow belt grading or replacement badges are \$10.

Q. What is your Training Philosophy?

A. "Karate is a Way of Life". One of the most renowned Masters, Funakoshi Sensei, immortalised that saying in the title of his most famous book, and it holds true to this day. Karate-Do IS a way of life, a way of self-discipline, self-awareness, confidence and

assertiveness. It encourages the finer aspects of character development in both our youth and our adult students. One of the principles of our style is: "As my strength increases, I will endeavour to cultivate a gentle heart". We take pride in guiding our students on a path that not only increases their potential in body and mind, but also creates good and principled citizens in society. We believe that the Dojo (Training Hall, or Hall of the Way) is a safe haven, a place of learning, and a place of equality, where effort and perseverance is transformed into progress and achievement.

Q. What is Karate like compared to other Martial Arts? (Is it Better than other MAs?)

A. No Martial Art is better or worse than any other Art. They each have different strengths and weaknesses. Karate concentrates on striking attacks using an even distribution of body weapons, there is little grappling and groundwork. Kung Fu (Gung Fu) is a generic term for Martial Arts in China and has many similarities and origins to Karate. Taekwondo is the Korean equivalent to Karate and predominantly uses leg attacks for range and strength. Judo uses grapples and throws in the main, Jujutsu is similar to Judo but less sports oriented and more self-defence focused. Aikido is similar to Jujutsu with locks, takedowns and throws, but has the philosophy of harmonising with the attack and causing little harm to the assailant. Hapkido is the Korean equivalent to Aikido. Kendo is the sport of Japanese Fencing with a sword derived from the traditional fighting arts of Kenjutsu, Battojutsu and Iaido.

## 42 - Beginners Pronunciation Guide



### Kodomon Karate-Do Traditional Curriculum

### Pronunciation Guide

English Term	Japanese Term	Pronunciation
<b>Greetings</b>	<b>Aisatsu</b>	<b>Eye-saht-[t]su</b>
Good Morning (before 12pm)	Ohayo Gozaimasu	Oh-high-oh go-zai-ee-mah-s[u]
Good Day (12pm to 6pm)	Konnichiwa	Con-nich-ee-wah
Good Evening (After 6pm)	Konbanwa	Con-barn-wah
Good Night (a farewell in the evening)	O-yasumi Nasai	Oh-yah-soo-mee nah-sigh
Good Bye (any time)	Sayonnara	Say-oh-nar-ra
<b>Titles</b>	<b>Shogo</b>	<b>Show-go</b>
Teacher (4th Dan and above)	Sensei	Sen-say
Instructor (Any other instructor or Blackbelt)	Senpai	Sen-pie
Blackbelt Grades	Dan	Darn
Coloured Belts (Prior to Blackbelt)	Kyu	Que
<b>Ceremonies</b>	<b>Gishiki</b>	<b>Gi-she-key</b>
Meditation	Mokuso	Moh-koo-sew
To the front - bow/courtesy	Shomen ni - Rei	Show-men knee - ray
To our Teacher/s - bow/courtesy	Sensei ni - Rei	Sen-say knee - ray
To our Instructor/s - bow/courtesy (if applic.)	Sempai ni - Rei	Sem-pie knee - ray
To each other - bow/courtesy	Otagai ni - Rei	Oh-tar-gai knee - ray
Please help/assist me	Onagai Ishimasu	Oh-nah-gai [I]-she-mah-s[u]
Thank you for what you have done for me	Arigato Gozaimashita	Ah-ree-gah-toe go-zai-ee-mah-sh[e]-tar
<b>Miscellaneous Terms</b>	<b>Shuju No Yogo</b>	<b>Shoo-joo noh yoh-goh</b>
Yes / I Understand	Hai	High
No	Iie	Ee-ay
I Don't Understand	Wakarimasen	Wah-car-ree-mah-sen
Start	Hajime	Har-jim-mei
Stop	Yame	Yah-mei
Left	Hidari	He-dar-ree
Right	Migi	Mig-ge
<b>Counting</b>	<b>Keisan</b>	<b>Kay-sahn</b>
One (1)	Ichii	Itch-ee
Two (2)	Ni	Knee
Three (3)	San	Sahn
Four (4)	Shi	She
Five (5)	Go	Goh
Six (6)	Roku	Rock-[oo]
Seven (7)	Shichi	Shi-chee
Eight (8)	Hachi	Ha-chee
Nine (9)	Ku	Kew
Ten (10)	Ju	Jew

#### Greeting Ceremony

##### Called by Instructor

Keiritsu (or Line Up!)  
 Musubi Dachi - Seiza!  
 Mokuso  
 Yame  
 Shomen ni - Rei  
 Sensei ni - Rei  
 Sensei ni - Rei  
 Sempai ni - Rei  
 Otagai ni - Rei

##### Students' Response

Come to Attention  
 Formal Greeting Stance - Sit (Kneeling).  
 Meditation - Close Eyes & Breathe  
 Stop - Open Eyes  
 Bow to the Front - or all bows - come up in order of grade  
 Bow to the Former Teachers (Front)  
 Bow to the Teacher (Front) - (if present, say "Sensei, Onagai Ishimasu") \*  
 Bow to the Instructor (Front) - (if present, say "Sempai, Onagai Ishimasu") \*  
 Bow to the Class (Front) - (say "Onagai Ishimasu") \*

\* at the ceremony at the end of the class replace "Onagai Ishimasu" with "Arigato Gozaimashita"

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## Kodomon Karate-Do Traditional Curriculum 10th Kyu Pronunciation

English Term	Japanese Term	Pronunciation
<b>Basics</b>	<b>Kihon</b>	<b>Key-hon</b>
<b>Stances</b>	<b>Tachi Kata</b>	<b>Tar-chee Car-tar</b>
Blocked Foot Stance (Formal/Greeting)	Heisoku Dachi	Hy-so-ku dutch[ee]
Open Foot Stance (Informal/Greeting)	Musubi Dachi	Moo-soo-bee dutch[ee]
Parallel Foot Stance (Formal/Ready)	Heiko Dachi	Hey-koh dutch[ee]
Number "8" Stance (Informal/Ready)	Hachiji Dachi (Fudo Dachi)	Har-chee-gee dutch[ee]
Holding Ground Stance (Strengthening)	Naifanchi Dachi	Nai-fun-chee dutch[ee]
Sumo Stance (Strengthening)	Shiko Dachi	Shee-koh dutch[ee]
Horse Stance (Strengthening)	Kiba Dachi	Key-ba dutch[ee]
Bending Forward Stance (Fighting)	Zenkutsu Dachi	Zen-kut-soo dutch[ee]
<b>Footwork</b>	<b>Tai Sabaki</b>	<b>Thai sar-bar-kee</b>
Natural Stepping	Aiyumi Ashi	Eye-yoo-mee ash[ee]
Sliding Forward	Yori Ashi	Your-ree ash[ee]
Sliding Backward	Hiki Ashi	hick-key ash[ee]
Stepping Diagonally	Hinari Sabaki	Hin-ah-ree sar-bar-key
<b>Basic I</b>	<b>Kihon I</b>	<b>Key-hon he-tot-[t]su</b>
Regular Fist Formation	Seiken	Say-ken
Front Punch	Shomen Zuki	Show-men [t]zu-key
Reverse Punch	Gyaku Zuki	Gyah-koo [t]zu-key
Downward Sweep	Gedan Barai	Gey-darn bar-rye
Rising Block	Age Uke	Ahh-gey ooh-kay
Pressing Block	Osae Uke	Or-sai ooh-kay
Outside Block	Soto Uke	Sow-tow ooh-kay
Knee Kick	Hiza Geri	His-ah gair-ree
Snap Kick (Back Foot)	Ato no Kehanashi	Ar-toh noh kay-han-ash-ee
<b>Basic II</b>	<b>Kihon II</b>	<b>Key-hon foo-tart-[t]su</b>
Lunge Punch	Oi Zuki	Oi [t]zu-key
Front Kick (Stepping)	Mae Geri	May gair-ree
Any 10th Kyu Basics	Jukyu Kihon Dosa	Jew-que key-hon doe-sah
<b>Basic III</b>	<b>Kihon III</b>	<b>Key-hon mit-[t]su</b>
Stationery Basic Practice	Sanoba Kihon	San-oh-bar key-hon
Any 10th Kyu Basics Single step	Kihon Ippon	Key-hon ip-pon
<b>Forms</b>	<b>Kata</b>	<b>Car-tar</b>
Punching Techniques	Tsuki no Waza	Tzu-key noh wah-za
Four Direction Punch	Shiho Zuki	Shee-hoe [t]zu-key
Eight Direction Punch	Happo Zuki	Harp-po [t]zu-key
<b>Sparring</b>	<b>Kumite</b>	<b>Koo-mit-tey</b>
Open Hand Sparring - Basic	Tan Gan Ho - Kihon	Tarn gun hoe - key-hon
Open Hand Sparring - Free	Tan Gan Ho - Jiyu	Tarn gun hoe - Jew
<b>Self Defence</b>	<b>Goshin</b>	<b>Go-shin</b>
Self Defence Fundamentals	Goshin Kihon	Go-shin key-hon
Same Side Wrist Grip - Pulling Arm Release	Katate Mochi (Ai)	Car-tar-tei Mo-chee (Eye)
Reverse Arm Grip - Outside Block	Gyaku Katate Mochi (Kakete)	Gyah-koo Car-tar-tei Mo-chee (Cah-cah-tey)
Frontal Choke - Overarm Bowl	Shomen Chisoku	Show-men chee-sock-koo

## 43 - Taiso Undo (Warm Up)



## Kodomon Karate-Do Traditional Curriculum

## Taiso Undo - Warm Up

	Technique/Command	Warm up Exercise
	Taiso Undo	Instructor bows to Class
1	Choyaku	Light Jumping on the spot (Just after Seiza) (Count)
2	Kushin	Knee Bends from Musubi Dachi (Count)
3	Hiza mawashite	Rotating the knees one way then the other (Count)
4	Shinkyaku	Stretch down on each side - feet flat on the floor (Count)
5	Fukaku	Lower down - toes up (Count)
6	Zenkoukutsu	Bending forward and Back at the Waist (Count)
7	Taisoku	Stretch to the Sides (Count) Change
8	Kaisen	Swing the Upper Body around in a Circle (Count)
9	Mune no undo	Chest Stretch - Step forward and swing arms out (Count)
10	Kata mawashite	Rotate the arms and the shoulders forward and back (Count)
11	Kubi no undo zengo	Bend the neck forward and back (Count)
12	Sayu	Bend the neck from side to side (Count)
13	Mawashite	Rotate the neck both ways (Count)
14	Choza ashikubi	Sitting - Ankle Rotation
15	Hantai	Change feet
16	Junan mae	Feet together and straight - stretch forward (Count)
17	Hidari	Legs apart, stretch to the left (Count)
18	Migi	Stretch to the right (Count)
19	Hinette	Twist at the waist from side to side (Count)
20	Mae	Stretch forward
21	Kokansetsu	Bring the soles together and stretch hip joints - bouncing
22	Mae	Stretch forward with Kiai (Count - Singles)
23	Mo ichido	Once again - stretch hip joints - bouncing & stretch forward
24	Ushiro	Straighten the legs and take your legs back over your head
25	Tate (after stand up) Kubi	Stand up, circle the neck both ways
26	Migiashi Kamae Akiresuken	Put the right foot forward and stretch the achilles tendon (Count)
27	Hantai	Other side - left foot (Count)
28	Koshi ire	Hip twist to the front with Kiai (Count - Singles)
29	Hantai	Other side (Count - Singles)
30	Koshi mawashite	Turn the hips
31	Teo awasete mae	Interlock the fingers and stretch to the front
32	Ue	Stretch up
33	(Yame) Yoko	Back to standing and stretch to the left
34	Hantai x 3	Other side
35	Ushiro	Bend back
36	Ushiro no sayu	To the side (left and right) of the back (Count)
37	Mae	Bend forward
38	(Tate) Kata	Back to standing and circle the shoulder
39	Yonkajo	Fourth hold (Both Hands - Hantai)
40	Kotegaeshi	Return the Wrist (Both Hands - Hantai)
41	Nikajo	Second hold (Both Hands - Hantai)
42	Sankajo	Third hold (Both Hands - Hantai)
43	Sankajo Mo Ichido	Third Hold (Once Again)
44	Te o futte	Shake your wrists
45	Udetate yoi	Japanese pushups - 10 slow - 20 fast Tricep Pushups
46	Fu-kin yoi	20 situps (2nd 10 - Twisting) - 10 crunches fast
47	Hinzu Kyo no Sukuwatto (Hindu Squats)	Hindu Squats - 20
	Taiso o owari masu	(to students) Finish the warm-ups
	Taiso arigatou gozai mashita	(to Sensei) Thank you, we've finished the warm-ups

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## 44 - Kodomon Kata List

**Kodomon Karate-Do Traditional Curriculum - Kata List**

Kata	Form
<b>10th Kyu</b>	
1 Tsuki no Waza	Punching Techniques
2 Shiho Zuki	Four Direction Punch
3 Happp Zuki #	Eight Direction Punch
<b>9th Kyu</b>	
4 Uke no Waza	Blocking Techniques
5 Keri no Waza	Kicking Techniques
6 Gyaku Zuki no Waza	Reverse Punch Techniques
7 Happp Zuki Geri (Ato no)	Eight Direction Punch and Kick (Rear Foot)
8 Tsuki no Kata	Punching Form
3 Happp Zuki (Catchup Sub-Jnr)	Eight Direction Punch
<b>8th Kyu</b>	
9 Uke no Kata	Blocking Form
10 Keri no Kata	Kicking Form
11 Gyaku Zuki no Kata	Reverse Punch Form
12 Happp Zuki Geri (Mae)	Eight Direction Punch and Kick (Front Foot)
13 Pinan Nidan	Stay Protected/At Peace - 2nd Level
<b>7th Kyu</b>	
14 Uchi No Waza	Striking Techniques
15 Uke no Kata (Var. Block)*	Blocking Form
16 Pinan Yondan	Stay Protected/At Peace - 4th Level
<b>6th Kyu</b>	
17 Kihon No Waza *	Basic Techniques (Punch/Block/Kick/Strike)
18 Uchi No Kata	Striking Form
19 Pinan Shodan	Stay Protected/At Peace - 1st Level
<b>5th Kyu</b>	
20 Kihon No Kata *	Basic Form (Punch/Block/Kick/Strike)
21 Pinan Godan	Stay Protected/At Peace - 5th Level
22 Naifanchi Shodan	Internal Divided Conflict - 1st Level
<b>4th Kyu</b>	
23 Pinan Sandan	Stay Protected/At Peace - 3rd Level
24 Bassai Dai (Kata Only)	Breaking through an Enemy's Fortress (Major)
<b>3rd Kyu</b>	
25 Jion (Koryu)	Mercy (Classical Version)
26 Bassai Dai (Bunkai & Hangeki)	Breaking through an Enemy's Fortress (Major)
<b>2nd Kyu</b>	
27 Aoyagi	Green Willow
28 Seienchin (Kata Only)	Calm in the Storm
<b>1st Kyu</b>	
29 Juroku	Sixteen
30 Seienchin (Bunkai & Hangeki)	Calm in the Storm
<b>Shodan Ho</b>	<b>Provisional 1st Dan</b>
31 Happp Geri (Goju Ryu)	Eight Direction Kick (Goju Version)
32 Passai Sho	Breaking through a Fortress (Minor)

Kata	Form
<b>Shodan</b>	<b>1st Dan</b>
33 Gekisai Dai Ichi (Goju Ryu)	Attack & Destroy - First Level
34 Gekisai Dai Ni (Goju Ryu)	Attack & Destroy - Second Level
35 Jiin (Koryu)	Inverted Mercy (Classical Version)
36 Jitte/Jutte (Koryu)	Ten Hands (Classical Version)
37 Kushanku Dai (Kosokun)	Military Envoy (Kusanku) (Major)
38 Hanashiro no Passai	Version of Bassai by Hanashiro
<b>Nidan</b>	<b>2nd Dan</b>
39 Naifanchi Nidan	Internal Divided Conflict - Second Level
40 Jion (Shotokan)	Mercy (Shotokan Version)
41 Jiin (Shotokan)	Inverted Mercy (Shotokan Version)
42 Ananku	Peace/Safety/Light from the South
43 Matsumura no Rohai (Koryu)	Matsumura (Name) - Vision of a Crane
44 Saifa (Goju Ryu)	Smash and Tear (Goju Kata)
45 Oyadomari no Passai	Version of Bassai by Oya of Tomari
<b>Sandan</b>	<b>3rd Dan</b>
46 Wanshu (Koryu)	Diplomat Wang Ji's Form
47 Wankan (Koryu)	King's Crown (Pine Waves)
48 Kushanku Sho (Kosokun)	Military Envoy (Kusanku) (China) (Minor)
49 Nipaipo (Shito)	Twenty-Eight Steps
50 Seipai (Goju Ryu)	Eighteen Hands
51 Kanku Dai (Shotokan)	Viewing the Sky (Major)
52 Kanku Sho (Shotokan)	Viewing the Sky (Minor)
53 Matsumura no Passai	Version of Bassai by Matsumura
<b>Yondan</b>	<b>4th Dan</b>
54 Naifanchi Sandan	Internal Divided Conflict - Third Level
55 Ishimine no Passai	Version of Bassai by Ishimine
56 Shiho Kushanku	Four Directions Kushanku (Name)
57 Niseishi (Nijushiho)	Twenty-Four Steps
58 Sanchin (Goju Ryu)	Three Battles
59 Chinto (Wado) (Gankaku)	Fight to the East (Crane on a Rock)
60 Annan (Ryuei-Ryu)	Peace/Safety
<b>Kobudo Kata</b>	<b>Weapon Kata</b>
61 Shushi no Kon 1st Kyu	Bo Kata of Shushi
62 Nicho Sai 1st Dan	Two Sai Form
63 Choun no Kon 2nd Dan	Bo Kata of Choun
64 Nunchaku no Kata 3rd Dan	Flail Form
65 Tonkua Kata Dai Ichi 4th Dan	Truncheon Form
66 Sakugawa no Kon 4th Dan	Bo Kata of Sakugawa

\* Non-Core Traditional Stream \*\* Instructors Discretion # Not for Sub-Juniors

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## 45 - Kodomon Curriculum

Training expectations for each grade are summarised in the table below. These are guidelines and students with prior experience may move through this at an accelerated pace.

Belt Colour	Grade	Average Classes	Minimum Time
	10th Kyu (White)	10 - 15	1 Month
	9th Kyu (Yellow)	15 - 20	1 Month
	8th Kyu (Orange)	25 - 30	1 Month
	7th Kyu (1st Green)	35 - 40	2 Months
	6th Kyu (2nd Green)	35 - 40	2 Months
	5th Kyu (1st Blue)	40 - 45	3 Months
	4th Kyu (2nd Blue)	40 - 45	3 Months
	3rd Kyu (1st Brown)	45 - 50	3 Months
	2nd Kyu (2nd Brown)	50 - 60	4 Months
	1st Kyu (3rd Brown)	50 - 60	4 Months
	Shodan Ho (Prov. 1st Dan)	70 - 80	6 Months
I	Shodan (1st Dan Black)	Ave 3 classes/week	2 Years
II	Nidan (2nd Dan Black)	Ave 3 classes/week	3 Years
III	Sandan (3rd Dan Black)	Ave 3 classes/week	4 Years
IIII	Yondan (4th Dan Black)	Ave 3 classes/week	5 Years
IIIII	Godan (5th Dan Black)	Ave 3 classes/week	6 Years
IIIIII	Rokudan (6th Dan Black)	Ave 3 classes/week	7 Years

The following pages include the curriculum sheets for the 10 Kyu Grades, that is 10th Kyu (White belt) to 1st Kyu (3rd Brown belt).



Kodomon Karate-Do Traditional Curriculum

10th Kyu - White Belt

Kihon		Basics
Tachi Kata	Stances	
Heisoku Dachi	Blocked Foot Stance (Formal/Greeting)	
Musubi Dachi	Open Foot Stance (Informal/Greeting)	
Heiko Dachi	Parallel Foot Stance (Formal/Ready)	
Hachiji Dachi	Number "8" Stance (Informal/Ready)	
Naifanchi Dachi	Holding Narrow Ground Stance (Strengthening)	
Shiko Dachi	Sumo Stance (Strengthening)	
Kiba Dachi	Horse Riding Stance (Strengthening)	
Zenkutsu Dachi	Bending Forward Stance (Strengthening)	
Tai Sabaki	Footwork	
Aiyumi Ashi	Natural Stepping	
Yori Ashi	Sliding Forward	
Hiki Ashi	Sliding Backward	
Hinari Sabaki	Stepping Back Diagonally (45°)	
Kihon I	Basics (Stationary)	
Seiken	Regular Fist Formation	
Shomen Zuki	Front Punch	
Gyaku Zuki	Reverse Punch (Opposite Arm to Front Leg)	
Gedan Barai	Downward Sweep	
Age Uke	Rising Block	
Osae Uke	Pressing Block	
Soto Uke	Outside Block	
Hiza Geri	Knee Kick	
Ato no Kehanashi	Snap Kick (Back Foot)	
Kihon II	Basics (Moving)	
Oi Zuki	Lunge Punch	
Mae Geri	Front Kick (Back Foot - Stepping forward)	
Jukyū Kihon Dosa	Any 10th Kyu Basics	
Kihon III	Basics (Partner)	
Sanaba Kihon	Stationary Basic Practice	
Kihon Ippon	Any 10th Kyu Basics - Single step	

Kata		Forms
Tsuki no Waza	Punching Techniques	
Shiho Zuki	Four Direction Punch	
Happo Zuki #	Eight Direction Punch	

Kumite		Sparting Exercises
Tan Gan Ho - Kihon	Open Hand Sparring - Basic	
Tan Gan Ho - Jiyu	Open Hand Sparring - Free	
	(Eye Training/Forging Practice)	

Goshin		Self Defence
Goshin Kihon	Self Defence Fundamentals	
Katate Mochi	Same Side Wrist Grip - Pulling Arm Release	
Gyaku Katate Mochi (Kakete)	Grip Release Reverse Arm (Hooking Hand & Roll)	
Shomen Chisoku	Frontal Choke - Overarm BowI	
Introduce Kinetic Fighting #	Introducing the KEF Principles (handout)	
KEF Drill 1 +	First KEF Drill - Shield & Strike	

Suggested Reading		Principles
Translation Sheet (Kodomon)	Basic Dojo Protocol	
Dojo Rules (Kodomon)	Greeting Ceremony	
KEF 5 Principles Sheet	Dojo Communication	
	Safety Issues	
	Warmup & Stretching Basics	

**Training Requirement: 10-15 Classes (Min 1 month)**

Requirements for Grading examination to 9th Kyu (Yellow Belt)

\* Non-Core Traditional Stream      \*\* Instructors Discretion (Extension)

+ Modify for Children                # Not for Sub-Juniors (<10 years)

**10th 十級**

**White Belt**

**白帯**



Kodomon Karate-Do Traditional Curriculum

9th Kyu - Yellow Belt

Kihon	
Basics	
Tachi Kata	Stances
Heian Dachi	Stay Protected/At Peace Stance
Neko Ashi Dachi	Cat Foot Stance
Shizentai	Natural Stance/Posture
Chudan no Kamae	Mid Level Ready Position
Hanmi no Kamae	Half Facing Position (Body 45°)
Tai Sabaki	Footwork
Fumikomi	To step inside, to penetrate - Front foot extension
Hiraki	Evasion by Opening (Shoulder/Hip/Leg)
Yoko Sabaki	Footwork to the Side (Laterally with Hiraki)
Kihon I	Basics (Stationary)
Gedan Soto Harai	Lower-Level Outside Sweep (Open Hand)
Shuto Uke	Knife-Hand Block
Jodan Shuto Uke	Upper-Level Knife-Hand Block (Forearm Vertical)
Uchi Uke	Inner/Inside Block
Yoko Gedan Barai	Lower-Level Sweep to the Side
Jodan Zuki	Upper Level Punch
Maeken Zuki (Kizami)	Leading Punch (Jab)
Nidan Zuki	Double Level Punch (eg. Jodan/Chudan)
Tate Ken Zuki	Vertical Fist Punch
Kim Geri	Groin Kick
Mae Kehanashi	Front Foot Snap Kick
Yoko Geri (Keage)	Side Kick (Snapping)
Mae Yoko Geri	Side Kick to the Front
Shuto/Tegatana Uchi (Mawashi)	Roundhouse Knife-Hand Strike
Uraken Uchi (Mae/Mawashi/Yoko)	Back-Fist Strike (To Front/Circular Front/Circular Side)
Kihon II	Basics (Moving)
Mae Geri (Kekomi)	Front Kick (Thrusting - with Body Weight)
Jodan Mae Geri	Upper Level Front Kick
Kukyū Kihon Dosa	Any 9th Kyu Basics
Kihon III	Basics (Partner)
Kihon Ippon	Any 9th Kyu Basics - Single step
Kihon Nihon	Any 10th Kyu Basics - Two step

Kata	
Forms	
Uke no Waza	Blocking Techniques
Keri no Waza	Kicking Techniques
Gyaku Zuki no Waza	Reverse Punch Techniques
Happo Zuki Geri (Ato no)	Eight Direction Punch and Kick (Rear Foot)
Tsuki no Kata	Punching Form
Happo Zuki (Catchup for Sub-Jnr) +	Eight Direction Punch

Bunkai #	Kata Applications
Setsumei no Bunkai	Explanation of Forms Analysis/Application
Tzuki no Kata Hangeki	Punching Form (With Counters)
Tzuki no Waza Kihon Bunkai	Punching Techniques (Basic Application)

Kumite	
Sparting Exercises	
Gyaku Zuki Timing	Timing of Reverse Punch (Varying Footwork)
Kihon Kumite (Maai)	Basic Sparring Practice (Distance/Gyaku Zuki)
Kihon Ippon Kumite	Basic One-step Sparring (Resetting)
Tan Gan Ho Kumite	Flow Sparring (Rhythm/No Mind)

Goshin	Self Defence
KEF Protective Continuum +	SCREAM Methodology (Handout)
Shomen Chisoku (Passai/ Kuzushi)	Choke Releases (Passai & Stitch Application)
Utsurumita Goshin +	Defence against Prone Press
Shime Waza (Hodoku)	Strangle Release (Unwind/Roll/KEF)
Buki Goshin Jutsu Kihon +	Fundamentals of Weapons Defence

Suggested Reading	Principles
Karate-Do My Way of Life (Funakoshi)	Organisation & Structure
Kodomon Bujutsu Nyumon	Basic Training Protocol

**Training Requirement: 15-20 Classes (Min 1 month)**

Requirements for Grading examination to 8th Kyu (Orange Belt)

\* Non-Core Traditional Stream      \*\* Instructors Discretion (Extension)  
+ Modify for Children              # Not for Sub-Juniors (<10 years)

9th 九  
Kyu 級  
Yellow Belt  
黄帯



Kodomon Karate-Do Traditional Curriculum

8th Kyu - Orange Belt

Kihon		Basics
Tachi Kata	Stances	
Kokutsu Dachi (Koryu)	Back Stance (Classical)	
Renji Dachi	Japanese Character "Re" Stance	
Ai Hammi	Natural (Closed) Position	
Gyaku Hammi	Reverse (Open) Position	
Tai Sabaki	Footwork	
Happo Sabaki	Eight Direction Footwork	
Kosa Ashi	Crossing Step (Just Past Front Foot)	
Tsuri/Tsugi Ashi	Shuffling Step (Back Foot First)	
Kihon I	Basics (Stationary)	
Chudan Sasae Uke	Mid-Level Assisted Block	
Gedan Sasae Uke	Lower-Level Assisted Block	
Gyaku Soto Uke	Reverse Outside Block	
Tettsui/Kentsui Uke (Otoshi)	Hammer Fist/Bottom Fist Block (Dropping)	
Uchi Barai (Chudan)	Inside Sweep (Mid-Lvl Push Across - Open Hand)	
Gedan Zuki	Punch to the Lower-Level (45° Downward)	
Shita Zuki	Lower Punch (Striking Down in Shiko Dachi)	
Mawashi Geri (Josokutei/Koshi)	Roundhouse Kick (Ball of Foot)	
Mawashi Geri (Sokko)	Roundhouse Kick (Instep)	
Mikazuki Geri	Half Moon or Crescent Kick (45° Rising)	
Ushiro Kehanashi	Back Snap Kick (Sweeping up)	
Yoko Geri (Kekomi)	Side Thrust Kick	
Empi/Hiji Uchi (Mawashi/Yoko/Ushiro)	Roundhouse/Sideward/Backward Elbow Strike	
Empi/Hiji Uchi (Ate/Otoshi)	Rising/Dropping Elbow Strike	
Kihon II	Basics (Moving)	
Empi Uchi Godan	5 Step Elbow Strike	
Hakkyu Kihon Dosa	Any 8th Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 8th Kyu Basics - Single step	
Kihon Nihon	Any 9th Kyu Basics - Two step	
Kihon Sanbon	Any 10th Kyu Basics - Three step	

Kata		Forms
Uke no Kata	Blocking Form	
Keri no Kata	Kicking Form	
Gyaku Zuki no Kata	Reverse Punch Form	
Happo Zuki Geri (Mae)	Eight Direction Punch and Kick (Front Foot)	
Pinan Nidan	Stay Protected/At Peace - Second Level	

Bunkai #	Kata Applications
Uke/Keri no Kata Hangeki	Blocking & Kicking Form (With Counters)
Pinan Nidan Hangeki	Stay Protected/At Peace - 2 (With Counters)
Tsuki no Kata Kihon Bunkai	Punching Form (Basic Application)

Kumite		Sparring Exercises
Gyaku Zuki Uchikomi	Promised Sparring (Only Reverse Punch)	
Kihon Nihon Kumite	Basic Two-Step Sparring (Resetting)	

Goshin		Self Defence
Gyaku Katate Mochi (Soto Uke)	Reverse Grip Releases (Outside Block Release)	
Shomen Chisoku (KEF Bunkai) +	Choke Releases (KEF Drill Application - CTA)	
Kubi Shine Waza #	Strangle Restraint (Application)	
Taiho Waza (Sankajo) ++	Arm-Bar Arresting Restraint (RCR)	
Osaе Waza Goshin	Defence against Pinning (Triangle Brace)	
Oshi Waza Goshin	Defence against Push (Roll or Willow concept)	
Takusan no Kogekisha Goshin	Defence against Multiple Attackers (Tie Up/Take Init)	

Suggested Reading		Principles
Kodo: Ancient Ways (Furuяa)	History of Karate	
Kodomon Lineage	Self Defence & Increased Fitness	
	Kumite Basics & Strikes	

**Training Requirement: 25-30 Classes (Min 1 month)**

Requirements for Grading examination to 7th Kyu (Green Belt)

\* Non-Core Traditional Stream      \*\* Instructors Discretion (Extension)  
+ Modify for Children              # Not for Sub-Juniors (<10 years)

8th 級

Orange Belt

橙色帯





Kodomon Karate-Do Traditional Curriculum

7th Kyu - Green Belt

Kihon		Basics
Tachi Kata	Stances	
Kosa Dachi	Crossed Leg Stance (1 Fist Width Diagonally)	
Moto Dachi	Parallel Natural Stance	
Otoshi no Kamae	Dropping Hand Position	
Tai Sabaki	Footwork	
Irimi Sabaki	Entering Footwork	
Kaiken Dosa	Spin, Turn, Revolving Exercise	
Kihon I	Basics (Stationary)	
Gedan Kake Uke	Lower-Level Hooking Block (Open Hand - Wrist)	
Gyaku Osae Uke	Reverse Pressing Block	
Haisru Uke	Open Back Hand Block (Soto Uke Path)	
Jodan Age Shuto Uke	Upper-Level Rising Knife-Hand Block	
Gedan Kosa/Juji Uke	Lower Level Cross or X-Block/Block	
Morote Shuto Uke	Two-Handed Knife-Hand Block (Jodan vs Choke)	
Shotei/Teisho Uke	Palm-Heel Block (45° Forward)	
Yoko Kensui Uke	Side Hammer-Fist Block (Laterally)	
Mawashi/Furi Zuki	Roundhouse/Circular Punch	
Kagato Geri	Heel Kick	
Ura/Gyaku Mawashi Geri/Kake Geri	Reverse Roundhouse Kick/Hook Kick	
Ushiro Geri (Keage)	Backward Snap Kick	
Haite Uchi (Segatana)	Ridge-Hand Strike	
Kentsui/Tetsui Uchi	Hammer-Fist/Bottom-Fist Strike	
Nukite Uchi (Yohon)	Spear-Hand Strike (4 Finger)	
Shotei/Teisho Uchi	Palm-Heel Strike	
Shuto Uchi (Otoshi)	Downward Knife-Hand Strike	
Kihon II	Basics (Moving)	
Kaiken Jun Zuki	A combination turn and thrusting Punch attack	
Keri Yondan	FFour Step Kicking (Mae/Yoko/Mawashi/Ushiro)	
Shichikyu Kihon Dosa	Any 7th Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 7th Kyu Basics - Single step	
Kihon Nihon	Any 8th Kyu Basics - Two step	
Kihon Sanbon	Any 9th-10th Kyu Basics - Three step	

Kata		Forms
Uchi No Waza		Striking Techniques
Uke No Kata (Var.) *		Blocking Form (Varying the Blocks)
Pinan Yondan		Stay Protected/At Peace - Fourth Level
Bunkai #	Kata Applications	
Pinan Yondan Hangeki		Stay Protected/At Peace 4 (With Counters)
Uke no Kata Kihon Bunkai		Blocking Form (Basic Application)
Kei no Kata Kihon Bunkai		Kicking Form (Basic Application)
Pinan Nidan Kihon Bunkai		Stay Protected/At Peace 2 (Basic Application)
Kumite	Sparring Exercises	
Uchikomi		Promised Sparring ("Driving Strike")
Awase Waza/Kumite		Combination Techniques/Sparring (Introduction)
Kihon Sanbon Kumite		Basic Three-Step Sparring (Resetting)
Goshin	Self Defence	
Eri Mochi/Dori - Sukui Uke (Kihon)		Lapel Grab - Clear to Access (Basic)
Kuma no Hoyu/Takkuru Goshin		Defence against Bear Hug & Tackle (Splay)
Jiyu Waza Goshin +		Defence against Street Techniques (Strikes)
Katate Mochi Ikkajo Osae		One-Hand Grip First Control
Taoshi Waza / O Soto Gari		Takedowns - Leg Reap (Like Byobudaoshi)
Byobudaoshi (Soto)		"Topple the Screen" (Outside)
Mae/Ushiro Ukemi		Breakfalls to the Front/Rear
Kinetic Fighting Combat Mindset		KEF Combat Mindset & Drills (Combat Crouch)
Suggested Reading		Principles
The Weaponless Warriors (Klm)		Focus on Self Defence
Warrior 9 Fitness Program		Space & Timing
		Kihon Bunkai/Application
<b>Training Requirement: 35-40 Classes (Min 2 months)</b>		
Requirements for Grading examination to 6th Kyu (2nd Green Belt)		
* Non-Core Traditional Stream	** Instructors Discretion (Extension)	
+ Modify for Children	# Not for Sub-Juniors (<10 years)	
<div>7th 級 Kyu 級 Green Belt 緑帯</div>		



Kodomon Karate-Do Traditional Curriculum

6th Kyu - Green Belt

Kihon		Basics
Tachi Kata	Stances	
Han Zenkutsu Dachi	Half/Short Front Stance	
Kokutsu Dachi (Shotokan)	Back Stance (Shotokan Version)	
Teiji Dachi	I-Stance	
Jodan no Kamae	Upper-Level Ready Position	
Tenchi no Kamae	Heaven and Earth Position	
Iaigoshi	Half Kneeling Stance	
Tai Sabaki	Footwork	
Tobi Ashi	Jumping Step	
Tobi Waza	Jumping Techniques (Footwork Required)	
Kihon I	Basics (Stationary)	
Haito Uke	Ridge-Hand Block	
Hineri Uke	Twisting (Capturing) Block	
Morete Uke	Two Handed Block (Any - Generic)	
Morete Osae Uke	Two-Handed Pressing Block	
Yoko Gedan Sasae Uke	Lower-Level Assisted Block to the Side	
Yoko Soto Uke	Outside Block to the Side	
Age Zuki	Rising Punch (Uppercut)	
Otoshi Zuki	Dropping Punch (Zenkutsu dropping Knee)	
Ura Zuki	Inverted Close Punch	
Ushiro Geri (Keikomi)	Backward Kick (Thrust - Body Weight)	
Jodan Sasae Mae Uraken Uchi	Upper-Level Assist: Frontal Back-Fist Strike	
Nihon Nukite Uchi	Two-Finger Spear-Hand Strike	
Shuto Uchi (Gyaku Maewashi)	Reverse Roundhouse Knife-Hand Strike	
Ashi Barai	Leg Sweep	
Kihon II	Basics (Moving)	
Mae Tobi Geri	Front Jumping Kick (Back Foot - Slide/Knee/Kick)	
Rokukyu Kihon Dosa	Any 6th Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 6th Kyu Basics - Single step	
Kihon Nihon	Any 7th Kyu Basics - Two step	
Kihon Sanbon	Any 8th-10th Kyu Basics - Three step	

Kata		Forms
Kihon No Waza *	Basic Techniques (Punch/Block/Kick/Strike)	
Uchi No Kata	Striking Form	
Pinan Shodan	Stay Protected/At Peace - First Level	
Bunkai #	Kata Applications	
Pinan Shodan Hangeki	Stay Protected/At Peace 1 (With Counters)	
Pinan Yondan Kihon Bunkai	Stay Protected/At Peace 4 (Basic Application)	
Pinan Nidan Kumitegata	Stay Protected/At Peace 2 (Sparrring Form)	
Kumite		Sparrring Exercises
Uchikomi Ura	Promised Sparrring (Returning - Added Attack)	
Ippon Kumite/Shobu Ippon	One Point Sparrring/Match	
Sanbon Kumite/Shobu Ippon	Three Point Sparrring/Match	
Sanobar Kumite	Stationary Sparrring (Speed/Telegraphing)	
Goshin	Self Defence	
Katate Mochi Sankaipo Osae	Aggressive Handgrip Third Control	
Kombo Goshin	Defence against Blunt Weapons	
Taoshi Hangeki	Defence against Takedown (Step Out of Sweep)	
Katate Mochi (Aoyagi Waza)	Grip Defences (Aoyagi Kata Techniques)	
Taoshi Waza - Deashi Harai	Takedowns - Foot Sweep	
Yoko Ukemi	Breakfalls to the Side	
KEF Immediate Action Drills Intro	KEF IA Drills - Vital 6 (Handour)	
Suggested Reading		Principles
WKF Sports Karate Rules (WKF)	Sparrring Consolidation	
KEF IA Drills Sheet	Rules of WKF Competition	
	Self Defence Extension	
<b>Training Requirement: 35-40 Classes (Min 2 months)</b>		<b>6th 六 級 Kyu 級 Green Belt 緑帯</b>
Requirements for Grading examination to 5th Kyu (1st Blue Belt)		
* Non-Core Traditional Stream      ** Instructors Discretion (Extension)		
+ Modify for Children                # Not for Sub-Juniors (<10 years)		



Kodomon Karate-Do Traditional Curriculum

5th Kyu - Blue Belt

Kihon		Basics
Tachi Kata	Stances	
Bensoku Dachi	Crossed Legs Stance (Wide - Side-Facing)	
Goju Hajimete Kamae	Crossed Open-Handed Starting Position	
Tai Sabaki	Footwork	
Nijiri Ashi	Toe Crawling Movement (Edging In)	
Kihon I	Basics (Stationary)	
Chudan Yoko Morote Uke	Mid-Level Two-Handed Block to the Side	
Chudan Yoko Uchi Uke	Mid-Level Striking/Inside Block to the Side	
Hai-shu Osho-shi Uke	Back-Hand Dropping Block	
Haiwan Uke	Back of the Arm/Wrist Block (Soto Uke Path)	
Jodan Kosa/Juji Uke	Upper-Level Cross Block	
Morote Uke	Two-Handed Block	
Nami Gaeshi	Returning Wave Reap (Avoiding Foot Sweep)	
Nidan Uke	Two-Level Double Block (Chudan/Gedan)	
Tenchi Uke (Koryu)	Heaven & Earth Block (Classical Version)	
Hangatsu Barai Uke	Sweeping Half-Moon Foot Block (Teisoku/Sole)	
Shuto Kosa/Juji Uke	Sword-Hand Cross Block (Jodan)	
Heiko Zuki	Parallel Punch (One fist one wrist ahead)	
Kagi Zuki	Hook Punch (Chudan - Close)	
Yumi Zuki	Archer's Punch	
Kansetsu Geri (Keage)	Joint (Knee) Kick (Snapping)	
Hai-shu Uchi	Open Back-Hand Strike/Slap	
Kaikoken/Hiraken Uchi	Crab-Shell Fist/Foreknuckle Strike	
Kote Uchi	Forearm Strike	
Shotei/Teisho Oshi	Palm-Heel Push	
Kihon II	Basics (Moving)	
Tobi Tetsui Uchi	Jumping Hammer-Fist Strike	
Gokyu Kihon Dosa	Any 5th Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 5th Kyu Basics - Single step	
Kihon Nihon	Any 6th-7th Kyu Basics - Two step	
Kihon Sanbon	Any 8th-10th Kyu Basics - Three step	

Kata		Forms
Kihon No Kata *	Basic Form (Punch/Block/Kick/Strike)	
Pinan Godan	Stay Protected/At Peace - Fifth Level	
Nanfan-chi Shodan	Internal Divided Conflict - First Level	
Bunkai #	Kata Applications	
Pinan Godan Hangeki	Stay Protected/At Peace 5 (Counter Attacks)	
Pinan Shodan Kihon Bunkai	Stay Protected/At Peace 1 (Basic Application)	
Pinan Yondan Kumitegata	Stay Protected/At Peace 4 (Sparrring Form)	
Pinan Nidan Shiko Bunkai	Stay Protected/At Peace 2 (4 Direction Application)	
Kumite		Sparrring Exercises
Yakusoku Jiyu Kumite	Pre-arranged Sparrring (Unnamed)	
Jiyu Kumite (Supotsu)	Free Sparrring (Sports - WKF Rules)	
Enchosen / Sai Shiai	Extended Match Sparrring (Sudden Death Point)	
Goshin	Self Defence	
Jiyu Waza Goshin (Heino)	Defence against Street Techniques (Fundamentals)	
Zenpo Kaiken Ukeni (Kihon)	Forward Breakfall Rolls (Basic)	
Ne Waza (Kihon)	Groundwork, Grappling Techniques (Basic/TC Wk4)	
Hiji Shime (Kihon)	Elbow Lock (Basic)	
Byobudaoshi (Uchi)	"Topple the Screen" (Inside)	
Kankyo Goshin	Environmental Elements of Self Defence	
KEF Immediate Action Drills I	KEF 1A Drills - Male vs Female (Handout)	
KEF Alpha/Bravo Certification + **	KEF Alpha/Bravo Certification	
Suggested Reading		Principles
Living the Martial Way (Morgan)	Introduction to Advanced Kata	
In the Dojo (Lowry)	Bunkai & Self Defence	
	Introduction to Instrucling	
<b>Training Requirement: 40-45 Classes (Min 3 months)</b> Requirements for Grading examination to 4th Kyu (2nd Blue Belt) * Non-Core Traditional Stream      ** Instructors Discretion (Extension) + Modify for Children                # Not for Sub-Juniors (<10 years)		<b>5th 五級</b> <b>Kyu 級</b> <b>Blue Belt</b> <b>青帯</b>





Kodomon Karate-Do Traditional Curriculum

4th Kyu - Blue Belt

Kihon		Basics
Tachi Kata	Stances	
Sanchin Dachi	Hourglass Stance (Three Battles)	
Sesan Dachi	Side-Facing Straddle Stance	
Sochin Dachi	Diagonal Straddle Stance	
Kihon I	Basics (Stationary)	
Gedan Shuto Uke	Lower-Level Knife-Hand Block	
Sokutei Mawashi Uke	Edge of Foot Circular Block (To Outside)	
Hiji Uke	Elbow Block (from Pinan Sandan)	
Kakete Uke	Hooking-Hand Block (Chudan)	
Tsukami Uke	Grabbing Block (Grab after Kakete Uke)	
Seiryuto Uke	Ox-Law Block	
Gedan Sukui Uke	Lower Level Scooping Block (Carrying)	
Morote Zuki	Two-Handed Punch (Any)	
Hasami Zuki	Scissors Punch	
Kesa Geri	Diagonal Kick (Downward - Heel - Collar bone)	
Mae Geri (Haisoku)	Front Snap Kick (Instep - Scoop Kick)	
Mae Geri (Tsumasaki)	Front Snap Kick (Toes/Shoes)	
Kansetsu Geri (Kekomi)	Joint Kick (Stamping/Lunging)	
Boseki Ushiro Geri	Spinning Back Kick	
Ippon Nukite Uchi	One-Finger Thrust Strike	
Keito Uchi	Chicken-Beak Strike	
Kumade/Helken Uchi	Bear-Paw/Middle Phalanx-Fist Strike	
Kihon II	Basics (Moving)	
Yoko Tobi Geri	Side Jumping Kick	
Yonkyu Kihon Dosa	Any 4th Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 4th Kyu Basics - Single step	
Kihon Nihon	Any 5th - 7th Kyu Basics - Two step	
Kihon Sanbon	Any 8th - 10th Kyu Basics - Three step	

Kata		Forms
Pinan Sandan		Stay Protected/At Peace - Third Level
Bassai Dai (Kata Only)		Breaking through an Enemy's Fortress (Major)
Bunkai #	Kata Applications	
Pinan Sandan Hangeki		Stay Protected/At Peace 3 (Basic Application)
Naifanchi Shodan Kihon Bunkai		Internal Divided Conflict 1 (Basic Application)
Pinan Godan Kihon Bunkai		Stay Protected/At Peace 5 (With Counters)
Pinan Shodan Kumitegata		Stay Protected/At Peace 1 (Sparring Form)
Pinan Yondan Shihō Bunkai		Stay Protected/At Peace 2 (4 Directions Application)
Kumite		
Sparring Exercises		
Jiyu Kumite (Dojo)		Free Sparring (Training Hall - Free Strikes)
Kachinuki (-Shiai)		Winner Continues (Matches)
Kumite Heiho (Ippon)		Sparring Tactics (1st Degree) (Feints/Disturbs/Mind)

Goshin	Self Defence
Tanto Goshin	Defence against Edged Weapons (Fundamentals)
Koho Ukemi	Breakfalls to the Rear
Shime Waza (Kihon)	Locks & Immobilisation (Basic - Kajo Waza)
Mune Mochi Nikajo Osae	Chest/Lapel Grip Second Control
Nage Waza (Kihon)	Throwing Techniques (Basic - Hip Throws)
KEF Immediate Action Drills II	KEF 1A Drills - Male vs Male (Handout)

Suggested Reading	Principles
The Essence of Budo (Lowry)	Introduction to Tactics
The Art of War (Sun Tzu)	Close Quarters Defence
	Pinan Kata Consolidation

<b>Training Requirement: 40-45 Classes (Min 3 months)</b> Requirements for Grading examination to 3rd Kyu (Brown Belt)	<b>4th 級</b> <b>4th Kyu 級</b> <b>Blue Belt</b> <b>青帯</b>
* Non-Core Traditional Stream + Modify for Children	** Instructors Discretion (Extension) # Not for Sub-Juniors (<10 years)



Kodomon Karate-Do Traditional Curriculum

3rd Kyu - Brown Belt

Kihon		Basics
Tachi Kata	Stances	
Sagi Ashi Dachi	Heron-Foot Stance (Beside Leg)	
Tsuru Ashi Dachi	Crane-Leg Stance (Behind Leg)	
Uchi Hachiji Dachi	Pidgeon-Toed Stance (Narrow Naifanchi)	
Kihon I	Basics (Stationary)	
Chudan Otoshi Uchi Uke	Mid-Level Dropping Inside Block	
Nagashi Uke	Sweeping Block	
Jodan Soto Sasae Uke	Upper-Level Outside Assisted Block	
Kake Shuto Uke	Hooking Knife-Hand Block	
Koken/Keito Uke	Chicken-Beak Block	
Morote Jodan Soto Uke	Two-Handed Upper Block (Outside Arm)	
Morote Jodan Uchi Uke	Two-Handed Upper Block (Inside Arm)	
Sukui Uke	Scooping Block (Travel over Shoulder - Carrying)	
Tate Shuto Uke	Vertical Knife-Hand Block	
Nakadaka Ken Zuki	Middle-Finger Knuckle-Fist Punch	
Awase Zuki	"U" Punch (Back Straight)	
Mae Geri (Kagato)	Front Heel Kick (Stepping)	
Nidan Geri	Double Front Snap Kick (Back 1st)	
Shotei/Teisho Uchi	Palm-Heel Strike	
Boshiken Uchi	Thumb-Fist Strike (Thumb Tip)	
Ippon Ken Uchi	One-Knuckle Fist Strike (Middle or Forefinger)	
Koken Uchi	Bent-Wrist Strike	
Mune Oshi	Push to the Chest	
Oyayubi Ippon Ken Uchi	Thumb-Knuckle Strike	
Kihon II	Basics (Moving)	
Tobi Maeken Zuki	Jumping Front Fist Punch	
San'kyu Kihon Dosa	Any 3rd Kyu Basics	
Kihon III	Basics (Partner)	
Kihon Ippon	Any 3rd Kyu Basics - Single step	
Kihon Nihon	Any 4th - 6th Kyu Basics - Two step	
Kihon Sanbon	Any 7th - 10th Kyu Basics - Three step	

Kata		Forms
Jion (Koryu) (Kata Only)	Mercy (Classical Version)	
Bassai Dai (Bunkai & Hangeki)	Breaking through an Enemy's Fortress (Major)	
Bunkai #		Kata Applications
Bassai Dai Hangeki/Kihon Bunkai	Breaking through an Enemy's Fortress (Ctr/App)	
Pinan Sandan Kihon Bunkai	Stay Protected/At Peace 3 (With Counters)	
Pinan Godan Kumitegata	Stay Protected/At Peace 5 (Sparrring Form)	
Pinan Shodan Shihō Bunkai	Stay Protected/At Peace 4 (4 Directions Application)	
Pinan Nidan Tate Bunkai **	Stay Protected/At Peace 2 (Vertical Application)	
Kumite		Sparrring Exercises
Go no Sen	Reactive Initiative	
Nayashi	Defending by absorbing/jamming and weakening	
Oji Waza	Anticipating and Striking before the attack (Tech.)	
Oliva Heiho	Oliva Tactics (9 Fighting Styles)	
Goshin		Self Defence
Sokumen Irini Nage	Side-Entering Throw	
Kubi Shime Waza (Nage)	Strangle Release (Throw)	
Nunchaku/Bo/Vari Goshin	Defence vs Articulated Weapons/Polearm/Spear	
KEF Knife Disarm	Knife Disarm from Kinetic Fighting	
KEF Charlie/Delta Certification +**	KEF Charlie/Delta (Edged Weapon) Certification	
Heiki Keiko		Weapons Training
Tanto Soho Tandokudosa & Sotaidosa	Knife Practice (Individual & Partnered)	
Tanto Dori	Knife Disarms	
Suggested Reading		Principles
Lowry's Texts: Moving Towards	Eclectic Kihon (Body Weaponry)	
Stillness, Traditions, Autumn Lightning	Weapons Defence (Knife Focus)	
Sword & Brush, Persimmon Wind	Basic First Aid	
Training Requirement: 45-50 Classes (Min 3 months)		3rd 三級 Kyu 級 Brown Belt 茶色帯
Requirements for Grading examination to 2nd Kyu (2nd Brown Belt)		
* Non-Core Traditional Stream	** Instructors Discretion (Extension)	
+ Modify for Children	# Not for Sub-Juniors (<10 years)	



Kodomon Karate-Do Traditional Curriculum

2nd Kyu - Brown Belt

Kihon		Basics	
Tachi Kata	Stances		
Han Kiba Dachi	Half Straddle Stance		
Hangestu Dachi	Half-Moon Stance		
Kake Dachi	Hooked Stance (Wider Kosa Dachi)		
Heiko Naname Dachi	Parallel Slanting Stance		
Tai Sabaki	Footwork		
Chidori Ashi	Stepping with One Foot Crossing Other (Side)		
Kihon I	Basics (Stationary)		
Kakuto Uke	Bent-Wrist Block (Vertical)		
Haiwan Nagashi Uke	Back of the Arm/Wrist Sweeping Block (Gedan)		
Ura Osae Uke	Reverse Pressing Block		
Yama Zuki	Mountain Punch		
Fumi Komi (Kagato)	Stamping/Thrusting Kick (Heel)		
Fumi Komi (Sokuto)	Stamping/Thrusting Kick (Foot Edge)		
Ren Geri	Double Front Snap Kick (Front foot kicks 1st)		
Haiwan Uchi	Back-Wrist/Arm Strike		
Hitosashi Yubi Ippon/Keiko Ken Uchi	Forefinger-Knuckle Strike (Lateral)		
Nakayubi Ippon Ken Uchi	Middle-Knuckle Strike (Lateral)		
Washi De Uchi	Eagle-Hand Strike (Fingers & Thumb)		
Ushiro Koshi Uchi	Rear Hip Strike		
Kihon II	Basics (Moving)		
Tobi Nidan Geri	Jumping Double Kick (Front/Back)		
Niiryu Kihon Dosa	Any 2nd Kyu Basics		
Kihon III	Basics (Partner)		
Kihon Ippon	Any 2nd Kyu Basics - Single step		
Kihon Nihon	Any 3rd - 5th Kyu Basics - Two step		
Kihon Sanbon	Any 6th - 10th Kyu Basics - Three step		
Kata		Forms	
Aoyagi		Green Willow	
Selenchin (Kata Only)		Calm in the Storm	
Bunkai #	Kata Applications		
Aoyagi Hangeki		Green Willow (With Counters)	
Jion Kihon Bunkai		Mercy (Basic Application)	
Pinan Sandan Kumitegata		Stay Protected/At Peace 3 (Sparring Form)	
Pinan Godan Shiko Bunkai		Stay Protected/At Peace 1 (4 Directions Application)	
Pinan Yondan Tate Bunkai **		Stay Protected/At Peace 4 (Vertical Application)	
Pinan Nidan Ura Bunkai **		Stay Protected/At Peace 2 (Hidden Application)	
Kumite	Sparring Exercises		
Jiyu Kumite (Bujutsu)		Free Sparring (Martial Skills) - All Techniques	
Waza Wo Korosu/Koppo		To Attack the Incoming Attack	
Sen no Sen		Simultaneous Initiative	
Goshin	Self Defence		
Kami Mochi/Tori		Hair Grab Defence	
Katate Mochi Shiko Nage		One-Hand Grip Four-Directions Throw	
Ken Goshin		Defence against Sword/Machette	
KEF Gun Defence		KEF Gun Defence Drill - Swift High & Inverted "L"	
Heiki Keiko	Weapons Training		
Ken Soho (Tandokudosa)		Sword Practice (Individual)	
Ken Soho (Sotaidosa)		Sword Practice (Partnered)	
Suggested Reading		Principles	
Budo (Ueshiba)		Combat Realities	
Taiso Undo (Instruction)		Strengthen Kumite Ability	
		Consolidate Omote Bunkai	
<b>Training Requirement: 50-60 Classes (Min 4 months)</b>		<b>2nd 二級 Kyu 茶色帯 Brown Belt</b>	
Requirements for Grading examination to 1st Kyu (3rd Brown Belt)			
* Non-Core Traditional Stream		** Instructors Discretion (Extension)	
+ Modify for Children		# Not for Sub-Juniors (<10 years)	



Kodomon Karate-Do Traditional Curriculum

1st Kyu - Brown Belt

Kihon		Basics	
Tachi Kata		Stances	
Han Heiko Dachi		Half Parallel Stance	
Han Shiko Dachi		Half Straddle-Leg Stance	
Fudo Dachi		Immoveable Stance	
Sankakudai		Great Triangle Stance	
Kihon I		Basics (Stationary)	
Chudan Yoko Shuto Uke		Mid-Level Sideward Knife-Hand Block	
Gedan Yoko Haito Uke		Lower-Level Side Ridge-Hand Block	
Hikkake Uke		Hook & Pulling Block	
Teisho Otoshi Uke		Palm-Heel Dropping Block	
Ippon Ken Zuki		One-Finger Fist Punch (Middle or Forefinger Knuckle)	
Nakadaka Ippon Ken Zuki		Middle-Finger Single-Knuckle Punch	
Fumi Kiri		Stamping Cutting Kick (Snap Back)	
Ushiro Mawashi Geri		Backward Round-House Kick	
Hira Hasami Uchi		Flat Scissors Strike	
Seiryuto Uchi		Ox-law Strike	
Toho Uchi		Web of Thumb Strike	
Yubi Hasami Uchi		Finger-Pinch Strike (All Fingers and Thumb)	
Kihon II		Basics (Moving)	
Ikkyu Kihon Dosa		Any 1st Kyu Basics	
Kihon III		Basics (Partner)	
Kihon Ippon		Any 1st Kyu Basics - Single step	
Kihon Nihon		Any 2nd - 4th Kyu Basics - Two step	
Kihon Sanbon		Any 5th - 10th Kyu Basics - Three step	
Jigoku no Yoru		Hell Night (Fighting Spirit Trial)	
Jigoku no Yoru		Must be completed before grading to Shodan Ho	
Kata		Forms	
Juroku		Sixteen	
Seienchin (Bunkai)		Calm in the Storm	
Bunkai #		Kata Applications	
Aoyagi Kihon Bunkai		Green Willow (Basic Application) - Grip S/D	
Juroku Kihon Bunkai		Sixteen (Basic Application)	
Seienchin Kihon Bunkai		Calm in the Storm (Basic Application)	
Piran Sandan Shiko Bunkai		Stay Protected/At Peace 5 (4 Directions Application)	
Piran Shodan Tate Bunkai **		Stay Protected/At Peace 1 (Vertical Application)	
Piran Yondan Ura Bunkai **		Stay Protected/At Peace 4 (Hidden Application)	
Kumite		Sparring Exercises	
Ne Waza (Advanced)		Groundwork, Grappling Techniques (Advanced)	
Sensen no Sen		Pre-emptive Initiative	
Jissen Kumite		Real Combat (Concepts)	
Goshin		Self Defence	
Shomen Zuki/Uchi Kokyu Nage		Front Punch/Strike Breath Throw	
KEF Immediate Action Drills III		KEF IA Drills - Female vs Female	
KEF Tactical Pairs		KEF Tactical Pair Drills	
Heiki Keiko		Weapons Training	
Ken Dori		Sword Disarms	
Shushi no Kon & Bo Yobi Undo		Kobudo 1st Bo Kata (Shushi Bo Kata) & Basics	
Suggested Reading		Principles	
The Karate Dojo (Urban)		Martial Arts Dojo Ethics (Comprehensive)	
Budoshoshinshu (Daidoji)		Strengthen Fighting Spirit	
Bushido (Nitobe)		Trial: Hell Night - Fighting Spirit Trial +	
The Untethered Mind (Takuan)			
Training Requirement: 50-60 Classes (Min 4 months)		1st 一級 Kyu 茶色帯 Brown Belt	
Requirements for Grading examination to Shodan Ho (Prov. Black Belt)			
* Non-Core Traditional Stream		** Instructors Discretion (Extension)	
+ Modify for Children		# Not for Sub-Juniors (<10 years)	



## Kodomon Karate-Do Traditional Curriculum

## Shodan Ho - Black Belt

Kihon	Basics
<b>Tachi Kata</b>	<b>Stances</b>
Maeba Dachi	Front of Wing Stance (2 Sei Shuto)
Ryuhon Dachi	Moving-Dragon Stance (2 Tate Shuto)
<b>Tai Sabaki</b>	<b>Footwork</b>
Fumi Ashi	"Tread Water" Step (Feet Sliding Step - As in Water)
<b>Kihon I</b>	<b>Basics (Stationary)</b>
Hiji Suri Uke	Elbow Sliding Block
Kuma De Uke	Bear Paw Block
Mawashi Uke	Roundhouse Block
Yumi Uke	Archers (Bow) Block
Nagashi Zuki	Flowing Punch
Sayu Zuki	Double/Both Side Punch
Atemi Waza	Strikes to Vital Points (Striking Types vs S/D10)
<b>Kihon II</b>	<b>Basics (Moving)</b>
Kihon Dosa	Any Basics Exercises (Moving)
<b>Kihon III</b>	<b>Basics (Partner)</b>
Kihon Dosa	Any Basics Exercises (Pairs)
Jiyu Kihon Dosa	Free Basic Exercises (Unnamed)
<b>Kata</b>	<b>Forms</b>
Happo Geri (Goju Ryu)	Eight Direction Kick (Goju Version)
Passai Sho	Breaking through an Enemy's Fortress (Minor)
<b>Bunkai</b>	<b>Applications</b>
Juroku Kihon Bunkai	Sixteen (Basic Application)
Juroku Kumitegata	Sixteen (Sparring Form)
Passai Sho Hangeki	Breaking through an Enemy's Fortress (Counters)
Passai Sho Kihon Bunkai	Breaking through an Enemy's Fortress (Basic Application)
Pinan Godan Tate Bunkai **	Stay Protected/At Peace 5 (Vertical Application)
Pinan Shodan Ura Bunkai **	Stay Protected/At Peace 1 (Hidden Application)
<b>Kumite</b>	<b>Sparring</b>
Kumite Heiho (Nihon) +	Sparring Tactics (2nd Degree - Counter Tactics)
Oliva Heiho - Hangeki	Oliva Tactics - Counters to Oliva Styles
<b>Goshin</b>	<b>Self Defence</b>
Keimyaku Iho (Kyusho Jutsu)	The study of pressure points on the body (S/D 10)
<b>Heiki Keiko</b>	<b>Weapons Training</b>
Buki Dori +	Handgun Disarms (Consolidate)
<b>Suggested Reading</b>	<b>Principles</b>
The Zen Way to the Martial Arts (Deshimaru)	Instruction (Comprehensive) **
Shinbushido (Irvine)	

**Training Requirement: 70-80 classes (Min 6 months)**

Requirements for Grading examination to Shodan (1st Black Belt)

\* Non-Core Traditional Stream  
+ Modify for Children\*\* Instructors Discretion/Track (Extension)  
# Not for Sub-Juniors (<10 years)

**1st** 初  
**Dan** 段  
Prov. 補  
**Black Belt**  
黒帯





## Kodomon Karate-Do Traditional Curriculum

## Shodan - Black Belt

Kihon	Basics
Tachi Kata	Stances
Naha-Te Variants	Naha-Te/Goju Stance Variations
Ryubi Dachi (Birin)	Dragon-Tail Stance
Hotoke no Kamae	Buddha Hand Fighting Posture
Tai Sabaki	Footwork
Okuri Ashi	A short quick step used for covering large distances
Kihon I	Basics (Stationary)
Hiza Uke (Soto)	Outside Knee Block
Hiza Uke (Uchi)	Inside Knee Block
Shuto Uke (Matsumura)	Knife-Hand Block (Matsumura Version)
Morote Teisho Uke	Palm Heel Two Handed Block
Kihon II	Basics (Moving)
Kihon Dosa	Any Basics Exercises (Moving)
Kihon III	Basics (Partner)
Kihon Dosa	Any Basics Exercises (Pairs)
Jiyu Kihon Dosa	Free Basic Exercises
Kata	Forms
Gekisai Dai Ichi (Goju Ryu)	Attack & Destroy - First Level
Gekisai Dai Ni (Goju Ryu)	Attack & Destroy - Second Level
Jiin (Koryu)	Inverted Mercy (Classical Version)
Jitte/Jutte	Ten Hands (Classical Version)
Kushanku Dai (Kosokun)	Military Envoy (Kusanku) (China) (Major)
Hanashiro no Passai	Version of Bassai by Hanashiro
Bunkai	Applications
Gekisai Kihon Bunkai	Attack & Destroy (Basic Application)
Jiin Kihon Bunkai	Inverted Mercy (Basic Application)
Jitte Kihon Bunkai	Ten Hands (Basic Application)
Kushanku Dai Kihon Bunkai	Military Envoy (Kusanku) (Basic Application)
Pinan Sandan Tate Bunkai **	Stay Protected/At Peace 3 (Vertical Application)
Pinan Godan Ura Bunkai **	Stay Protected/At Peace 5 (Hidden Application)
Kumite	Sparring
Kanden no Metsuke *	Seeing with Both the Eyes and the Spirit
Gonin Kumite	Five Person Sparring (1 Minute Each)
Goshin	Self Defence
Kyusho Jutsu	Pressure Point Attacks + Extra 9
Kote Gaeshi Kihon	Return the Wrist Basics
Kobudo	Weapons Training
Sai Yobi Undo	Sai Basics (All Waza in the Kata)
Nicho Sai	Sai Kata - 2 Sai Form
Suggested Reading	Principles
The Book of Five Rings (Musashi)	Style Variations (Naha-te)
The Bubishi (McCarthy)	Senior First Aid Certificate
Shogo (Rank)	Fukushido-in - Assistant Instructor Rank **

**Training Requirement: 2 Years (Ave. 3 classes per week)**

Requirements for Grading examination to Nidan (2nd Black Belt)

\* Non-Core Traditional Stream  
+ Modify for Children

\*\* Instructors Discretion/Track (Extension)  
# Not for Sub-Juniors (<10 years)

1st 初  
Dan 段

Black Belt  
黒帯

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## Kodomon Karate-Do Traditional Curriculum

## Nidan - Black Belt

Kihon	Basics
Tachi Kata	Stances
Shotokan Variants	Shotokan Stance Variations
Sagurite no Kamae	Searching Hands Ready Position
Kihon I	Basics (Stationary)
Otoshi Nakadakaken Uke	Downward Middle-Knuckle Block
Kihon II	Basics (Moving)
Kihon Dosa	Any Basics Exercises (Moving)
Kihon III	Basics (Partner)
Kihon Dosa	Any Basics Exercises (Pairs)
Jiyu Kihon Dosa	Free Basic Exercises
Kata	Forms
Naifanchi Nidan	Internal Divided Conflict - Second Level
Jion (Shotokan) *	Mercy (Shotokan Version)
Jiin (Shotokan) *	Inverted Mercy (Shotokan Version)
Ananku	Peace/Safety/Light from the South
Matsumura no Rohai (Koryu)	Matsumura (Name) - Vision of a Crane
Saifa (Goju Ryu) *	Smashing and Tearing
Oyadomari no Passai	Version of Bassai by Oya from Tomari
Bunkai	Applications
Naifanchi Nidan Kihon Bunkai	Internal Divided Conflict 2 (Basic Application)
Jion (Shotokan) Kihon Bunkai **/*	Mercy (Basic Application)
Jiin (Shotokan) Kihon Bunkai **/*	Inverted Mercy (Basic Application)
Ananku Kihon Bunkai	Peace/Safety/Light from the South (Basic Application)
Matsumura no Rohai Kihon Bunkai	Vision of a Crane (Basic Application)
Saifa Kihon Bunkai **/*	Smashing and Tearing (Basic Application)
Pinan Sandan Ura Bunkai **	Stay Protected/At Peace 3 (Hidden Application)
Kumite	Sparring
Kobo Ichi	Combatives where all defences are intended to inflict damage
Junin Kumite **	Ten Person Sparring (1 Minute each)
Goshin	Self Defence
Ikkajo/Nikajo/Sankajo/Yonkajo Kihon	Joint Control Basics (1st, 2nd, 3rd, 4th)
KEF Echo Certification **	KEF Echo (Combative Grappling) Certification
Kobudo	Weapons Training
Bo Yobi Undo 2 - Ku Kiri	6' Staff Basics - 2 - Advanced 9 Cuts
Nunchaku Yobi Undo	Nunchaku Basics (All Waza in the Kata)
Chuan no Kon	Bo Kata - Chuan's Bo Kata
Yagyu Shinkage Ryu - Shodan (Kuroda Han) **	Introduction to Yagyu Shinkage Ryu Basics (Kihon & Waza)
Suggested Reading	Principles
The Life Giving Sword: Heiho Kadensho (Yagyu)	Ura Bunkai Completion
Karate-Jutsu: The Original Teachings (Funakoshi)	Style Variations (Shotokan)
Shogo (Rank)	Shido-in - Instructor Rank **

**Training Requirement: 3 Years (Ave. 3 classes per week)**

Requirements for Grading examination to Sandan (3rd Black Belt)

\* Non-Core Traditional Stream  
+ Modify for Children

\*\* Instructors Discretion/Track (Extension)  
# Not for Sub-Juniors (<10 years)

2nd 貳  
Dan 段

Black Belt  
黒帯



## Kodomon Karate-Do Traditional Curriculum

## Sandan - Black Belt

Kata	Forms
Wanshu (Koryu)	Diplomat Wang Ji's Form
Wankan (Koryu)	King's Crown (Pine Waves)
Kushanku Sho (Kosokun)	Military Envoy (Kusanku) (China) (Minor)
Nipaipo (Shito)	Twenty-Eight Steps
Seipai (Goju Ryu)	Eighteen Hands
Kanku Dai (Shotokan) *	Viewing the Sky (Major)
Kanku Sho (Shotokan) *	Viewing the Sky (Minor)
Matsumura no Passai	Matsumura's 'To Storm a Fortress'
Bunkai	Applications
Wanshu Kihon Bunkai	Diplomat Wang Ji's Form (Basic Application)
Wankan Kihon Bunkai	King's Crown (Basic Application)
Kushanku Sho Kihon Bunkai	Military Envoy (Kusanku) (China) (Minor) (Basic Application)
Nipaipo Kihon Bunkai	Twenty-Eight Steps (Basic Application)
Seipai Kihon Bunkai	Eighteen Hands (Basic Application)
Kanku Dai (Shotokan) Kihon Bunkai *	Viewing the Sky (Major) (Basic Application)
Kanku Sho (Shotokan) Kihon Bunkai *	Viewing the Sky (Minor) (Basic Application)
Matsumura no Passai Kihon Bunkai	Matsumura's 'To Storm a Fortress' (Basic Application)
Chukyu Kata Ura Bunkai	Intermediate Forms N1, Aoyagi, Juroku (Hidden Applications)
Kumite	Sparring
Kumite Heiho (Sanbon)	Sparring Tactics (3rd Degree - Contra Counters)
Jugonin Kumite **	Fifteen Person Kumite (1 Minute each)
Goshin	Self Defence
Shiho Nage Waza	Four-Directions Throwing Techniques
Shomen Irimi Nage Waza	Front-Entering Throwing Techniques
Sokumen Irimi Nage Waza	Side-Entering Throwing Techniques
Tenchi Nage Waza	Heaven & Earth Throwing Techniques
Udegarami Nage Waza	Inside Reaping Throwing Techniques
KEF Foxtrot/Golf Certification **	KEF Foxtrot/Golf Certification - Violence & Threat Management
Kobudo	Weapons Training
Nunchaku no Kata	Nunchaku Kata - Nunchaku no Kata
Sai Sotai Dosa	Sai Paired Drills (Introduction)
Yagyū Shinkage Ryu - Sangaku Mokuroku	Yagyū Introductory Paired Drills
Asayama Ichiden Ryu - Batto Kihon **	Introduction to Asayama Ichiden Ryu Basics
Suggested Reading	Principles
Broader Budo Reading (Investigate Arts):	Broad Budo Principles
Aikido - Total Aikido (Shioda)	Da-Ni no Budo (Kyu) ** - Start a Second Martial Art
Jujutsu - Classical Fighting Arts of Japan (Nakashima)	Dai Shido-in - Senior Instructor Rank **
Iaido - Flashing Steel (Shimabukuro)	KEF Foxtrot/Golf Certification - Violence & Threat Management **
Budo/Bujutsu - Classical Budo/Bujutsu (Draeger)	
<b>Shogo (Rank)</b>	Dai Shido-in - Senior Instructor Rank **

**Training Requirement: 4 Years (Ave. 3 classes per week)**

Requirements for Grading examination to Yondan (4th Black Belt)

\* Non-Core Traditional Stream  
+ Modify for Children\*\* Instructors Discretion/Track (Extension)  
# Not for Sub-Juniors (<10 years)3rd 参  
Dan 段Black Belt  
黒帯

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## Kodomon Karate-Do Traditional Curriculum

## Yondan - Black Belt

Kata	Forms
Naifanchi Sandan	Holding One's Ground III
Ishimine no Passai	Version of Bassai by Ishimine
Shiho Kushanku	Four Directions version of Kushanku
Niseishi (Nijushiho)	Twenty-Four Steps
Sanchin (Goju)	Three Battles
Chinto (Wado) (Gankaku)	Fight to the East (Crane on a Rock)
Annan (Ryuei Ryu)	Peace/Safety
Bunkai	Applications
Naifanchi Sandan Kihon Bunkai	Holding One's Ground III (Basic Application)
Ishimine no Passai Kihon Bunkai	Version of Bassai by Ishimine
Shiho Kushanku Kihon Bunkai	Four Directions Kushanku (Basic Application)
Niseishi Kihon Bunkai (Nijushiho)	Twenty-Four Steps (Basic Application)
Sanchin Kihon Bunkai	Three Battles (Basic Application)
Chinto Kihon Bunkai	Fight to the East (Basic Application)
Annan Kihon Bunkai	Peace/Safety (Basic Application)
Passai Ura Bunkai ***	Passai Kata (Hidden Applications)
Goshin	Self Defence
Chukyu Taiho	Advanced Restraints
Chukyu Kyusho	Advanced Pressure Points
Ushiro Katate Mochi Goshin	Rear One-Hand Grip Defence
Ushiro Kata Mochi Goshin	Rear Shoulder Grip Defence
Ushiro Ryote Mochi Goshin	Rear Two-Hand Grip Defence
Tatakai o Owaraseru - Fight Enders **	IA List for Fight Ending Techniques (Immobilising)
Kobudo	Weapons Training
Heiki Oyo (Koryu)	Weapon Specialisation (Choice - Koryu Schools)
Tonkua Yobi Undo	Tonfa Basics
Tonkua Kata Dai Ichi	Tonfa Kata - Tonkua Kata Dai Ichi
Sakugawa no Kon **	Bo Kata - Sakugawa no Kun **
Asayama Ichiden Ryu - Kenjutsu Shodan	Shodan Rank in Asayama Ichiden Ryu Kenjutsu
Suggested Reading	Principles
Texts on Second Martial Art	Martial Arts Ethics in Life
Texts by: Funakoshi, Mabuni & Higaonna	Personal Research Thesis/Project
	Fight Enders ** ("One Hit Wonders")
Shogo (Rank)	Sensei - Teacher Rank **

**Training Requirement: 5 Years (Ave. 3 classes per week)**

Requirements for Grading examination to Godan (5th Black Belt)

\* Non-Core Traditional Stream  
+ Modify for Children

\*\* Instructors Discretion/Track (Extension)  
# Not for Sub-Juniors (<10 years)

4th 参  
Dan 段

Black Belt  
黒帯

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