

GRADING SYLLABUS

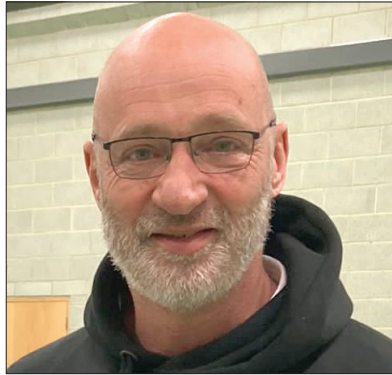


Mark Holding **Mitsuru** **Karate**

07703 100 868

email: mitsurukarate@gmail.com

website: www.mitsurukarate.co.uk



**Mark Holding 7th Dan,
Founder & Chief Instructor Mitsuru Karate**

SENIOR GRADING PANEL



**Nick Strange
4th Dan**



**Geoff Burns
4th Dan**



**Gordon Cranshaw
4th Dan**



**Sharon Healey
4th Dan**

SENIOR INSTRUCTORS



**Stephanie Dalby
3rd Dan**



**Sam Woods
3rd Dan**



**David Docherty
3rd Dan**



**Aidan Docherty
3rd Dan**

CLUB INSTRUCTORS



**Reece Healey
1st Dan**



**Erin Docherty
2nd Dan**

WELCOME TO MARK HOLDING MITSURU KARATE

The Style of karate practiced is Wado Ryu based on a scientific fast fighting style with a strong Japanese Jujitsu influence and has strong roots in self defence compared to other styles.

All clubs also practice a strong Competition route to their karate which is separate to the traditional club nights and has over the years produced dozens of English, British and International Champions, as well European Medallists and Junior Olympic athletes. The club currently has 12 England squad athletes.

The Chief Instructor started his martial arts journey in 1972 with Judo and Tae Kwon Do. Mark is a former Police officer, having served 30 years with Cumbria Police before retiring in 2013. He now teaches 6 days a week.

Marks' Karate started in the early 80s and upon moving to Penrith he joined Penrith Karate Club, based at the Queen Elizabeth Grammar School. In 1994 he took over the role of instructor at the club after the then club instructor Dick Bird retired.

In 2006 the club then relocated to Penrith Leisure centre where it remains until this day.

In 2013 Mark opened Keswick and Shap Clubs and re-opened Appleby Club, which he had previously run in the early 2000's.

The Mitsuru Clubs' further expanded with the opening of Dalston, Sedbergh and Carlisle in the 2020's. Current numbers training are around 375.

Mitsuru means to Grow, this isn't about the growth of the clubs but the growth of individuals. They are given a positive and friendly environment to develop their karate.

With a team of experienced and high grade instructors, each club location has more than adequate instructor cover to ensure everyone is catered for. We aim to provide a positive and friendly club to train in.

The future moves towards developing a group of strong clubs that carry forward both Traditional and Sport Karate. Ensuring that students are given opportunities and support to chase their goals, whether it be traditional class karate or to become a World Champion.

No Dream is too Big.

Mark Holding 7th Dan

KARATE GRADINGS

The "Grading System of the Association" starts at WHITE BELT (Beginner), then after passing a grading exam conducted by the Chief Instructor, the following JUNIOR and INTERMEDIATE STUDENT (KYU) Grades, denoted by coloured belts apply.

ADULTS/TEENAGERS

8th KYU - Yellow Belt;	7th KYU - Orange Belt;	6th KYU - Green Belt;
5th KYU - Blue Belt;	5th KYU - Blue Stripe;	4th KYU - Purple Belt.
	PROVISIONAL	

The recommended training period between grades is normally three months, based on an average of 20 classes attended. This is the minimum criteria, 20 classes and/or 3 months.

JUNIORS BOYS/GIRLS (12 and under)

9th KYU - Red Belt;	8th KYU - Yellow Belt;
8th KYU - Yellow Stripe; PROVISIONAL.	7th KYU - Orange Belt;
7th KYU - Orange Stripe; PROVISIONAL.	6th KYU - Green Belt;
6th KYU - Green Stripe; PROVISIONAL.	5th KYU - Blue Belt;
5th KYU - Blue Stripe; PROVISIONAL.	4th KYU - Purple Belt.
4th KYU - Purple Stripe; PROVISIONAL.	

The recommended training period between grades is normally three months (including stripe to full belt), based on an average of 20 classes attended. **With the exception of blue to purple which is 6 months.**

****STUDENTS ARE NOMINATED TO TAKE GRADINGS
BY THEIR CLASS INSTRUCTOR.****

In exceptional circumstances the Chief Instructor can grade the level that he considers appropriate for the student.

SENIOR STUDENTS GRADES - BROWN BELT

3rd KYU (Black Stripe); **2nd KYU** (2 Black Stripes), **1st KYU** (3 Black Stripes). These gradings are normally conducted by Sensel Holding and a panel of senior grades.

The recommended training time between grades is six months, based on 40 classes attended for students, Junior Brown Belts Under 16 yrs designate their grade level with white stripes. It is the chief instructors sole decision as to whether a person is suitable to attempt a grading.

GENERAL SAFETY RULES WHEN GRADING AND TRAINING

****All pre-arranged partner work or free fighting must be performed with your partners safety in mind. Reckless and uncontrolled techniques cannot be tolerated****

INSTRUCTOR GRADE - BLACK BELT

The Black Belt Grades are 1st Dan, 2nd Dan and 3rd Dan - The minimum training time between these grades are equivalent to the Dan Grade level. ie 1st Dan to 2nd Dan - 2 years, and 2nd Dan to 3rd Dan - 3 years. It is a requirement for all Dan examinees to be assessed suitable to grade by the Chief Instructor or a Senior Instructor 3rd Dan or above 4th Dan and above are HONOURARY GRADES and are awarded to Senior Black Belt Instructors who consistently contribute to the development and operation of the Association. These awards are at the sole discretion of Sensei Holding. The nominee must have an in-depth knowledge and experience in Karate and demonstrate a continued ability to train and teach Mark Holding Mitsuru Karate. The Dan grade level is designated on the belt with orange stripes, 4th Dan and above silver stripes.

GRADING EXAM CRITERIA & GUIDANCE

The criteria for Grading Promotion is based on Technical Standard & Performance on the day, with the requirements detailed in the syllabus, however, it is not possible to have a standard benchmark that will cover every type of person, considering the wide range in age (6-60+) together with build, sex & possible physical / medical constrictions. It is recognised in fairness and progression that there has to be flexibility within this area.

It is at the sole discretion the Chief Instructor in respect of grading requirements.

GRADING FEES Inclusive of Certificate & Karate Belt

Red through to Orange £25.

Green stripe to Purple £30.

Brown Belts £50.

1st 2nd or 3rd Dan £100.

RED BELT/YELLOW BELT (8th KYU)

KIHON•TSUKI (Basic Hand Techniques)

1. Junzuki turn in Jodan Uke - Straight Punch, Head Block.
2. Jodan Uke - Head Block.
3. Gyakazuki turn in Gedan Barai - Opposite Punch, Downward Block Gedan Barai - Downward Block.

KIHON-KERI (Basic Kick Techniques)

1. Maegeri - Front snap Kick (S & R).
2. Mawashigeri - Round House Kick (Instep)(S).
3. Surakomi mawashigeri one step round house kick.
4. Ura Mawashigeri (Optional).
5. Kazamazuki Thrusting punch performed stationary

RENRAKU WAZA (Combination Techniques)

1. Tobikomizuki Step through snap punch stance).
2. Surikomi - Tobikomizuki - One step front hand snap punch
3. Maegeri - Tobikomizuki - Front kick, snap punch full pull back on punch.
4. Mawashigeri Gayakuzuki - Round kick reverse punch.
5. Surakomi, mawashigeri, gyakuzuki.

Free sparring with competition hand mitts and gum shields being compulsory.

Light body techniques but displaying a good attitude towards positively applying competition techniques. No face techniques.

ORANGE BELT (7th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

1. Junzuki no Tsukkomi.
2. Gyakazuki no Tsukkomi.
3. Mawashigeri (Roundhouse Kick with instep).
4. Sokutogeri Fumikomi (Side Kick Stamping downover, with side edge/heel of foot/knee height).
5. Ura mawashigeri (Hook Kick).
6. Shuto uke Knife hand block in long cat stance.
7. Uraken from Shizentaii stance.

RENRAKU WAZA (Combination Techniques)

1. Ashi-Barai - Gyakazuki (Foot Sweep with reverse punch).
2. Maegeri - Mawashigeri - Gyakazuki (Front thrust Kick, Roundhouse Kick then reverse punch).
3. Zenshenite Jodan chudan renzuki Mawashigeri (Step through double punch into near leg Roundhouse).
4. Gyakuzuki into step up Ura mawashi geri/or mawashi geri (optional).

KATA (Form Demonstration) **PINAN NIDAN** - Starting sequence only for STRIPE For Full Belt - Full Kata to a reasonable standard.

KUMITE DRILLS (PARTNER WORK)

All performed in fighting stance with partner. All left to left stance.

1. Blocking snap punch with rear hand.
2. Blocking gakazuki with front guard hand.
3. Blocking Mawashi geri partners front leg with back hand.
4. Blocking Mawashi geri (back leg left side with left hand.)

Padwork Demonstration Examiners choice

Light Sparring in pairs - Competition Hand Pads & Gum Shields are required - show karate techniques to a reasonable standard displaying positive mental attitude and application.

GREEN BELT (6th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area).
2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area).
3. Tobikomizuki (Front hand Snap Punch from Shizentai Stance - left/right, Natural Stance).
4. Soto Uke (Outer Forearm Block in Long Cat Stance) - to minimum standard.
5. Ura Mawashigeri (Reverse Roundhouse/hook Kick with bottom of foot/instep straight).
6. Surikomi Mawashigeri (One step Roundhouse Kick to knee/middle area, with instep).
7. Sokutogeri.

RENRAKU WAZA (Combination Techniques)

1. Surikomi-Ashi-Barai - Gyakazuki (One Step front Foot Hook backover with Reverse Punch).
2. Maegeri - Sokutogeri Chudan - Gyakazuki (Front Kick, Side Kick, with side edge/heel, then Reverse Punch).
3. Ohyu Gumite No 1 (Step forward & Front Punch to head, combined with Reverse Punch to middle, then Full Sweep with rear leg & Reverse Punch to Middle Area).
4. Gyakazuki into step up ura mawashigeri/or mawashigeri.

KUMITE DRILLS (PARTNER WORK)

All performed in fighting stance with partner. All left to left stance.

1. Blocking snap punch with rear hand.
2. Blocking gakazuki with front guard hand.
3. Blocking Mawashigeri partners front leg with back hand.
4. Blocking Mawashigeri (back leg left side with left hand).

KATA (Form Demonstration)

Pinan Nidan & Pinan Shodan (Opening sequence) For Stripe.

IMPACT PADWORK (Examiners Choice)

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required
- no contact to face for Juniors, light touch only for Seniors - show variation of karate techniques to minimum standard & distancing.

BLUE BELT (5th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

(Note: Blue Belt standard basics etc need to be of a high standard)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area).
2. Kette Gyakazuki (Front Kick, with Reverse Punch to middle area).
3. Kette Junzuki No Tsukkomi (Front Kick, with Lunge punch to head with lean, narrow basic stance but with both heels in line).
4. Ura Mawashi geri.
5. Ushirogeri.
6. Nagashizuki (Front hand head punch/slight body shift (avoiding attack) from Shizentai Stance - left/right, Ready Stance).
7. Mawashigeri.
8. Sokutogeri.

RENRAKU WAZA (Combination Techniques)

1. Mawashigeri Chudan - Ushirogeri- Gyakazuki (Round Kick, turning into back kick with Reverse Punch).
2. Step through double punch front kick round kick reverse punch.
3. Ohyu Gumite No 2 - Gyakazuki Jodan - Surikomi Ashi Bari - Gyakazuki Chudan (Hitch Forward Reverse Punch to head, Step back foot to front foot (same time as punch pull back), Hook with front foot & Reverse Punch off centre, pivoting on back heel).
4. Surikomi Mawashigeri - Ushirogeri Gakazuki.

KATA form demonstration

All previous Pinans plus - Pinan Sandan - to good standard.

PARTNER WORK

Ohyu Gumite number 1 and 2 with a partner.

Kumite blocking and countering drill as previously practiced at Orange and Green but with more movement and greater skill level demonstrated

PADWORK without Competition Hand Pads.

JI YU KUMITE (Free Fighting) - Competition Hand Pads & Gum Shields are Required - no contact to face for juniors, light touch only for seniors - controlled touch to the body to "Competition Scoring Areas" (show variation of karate techniques to reasonable standard & distancing).

PURPLE BELT (4th KYU) - STRIPE & FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

1. Kette Junzuki (Front kick, with Lunge Punch to middle area).
2. Kette Gyakazuki (Front kick, with Reverse Punch to middle area).
3. Kette Junzuki No Tsukkomi (Front kick, with Lunge punch to head level with lean, narrow basic stance but with both heels in line).
4. Kette Gyakazuki no Tsukkomi.
5. Nagashizuki Shizentai Stance.
6. Ashi bari.
7. Mawashigeri.
8. Ura Mawashigeri.
9. Sokutogeri.
10. Ushirogeri.

RENRAKU WAZA (Combination Techniques)

1. Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan.
2. Surikomi Maegeri Chudan Nagashizuki Jodan - Mawashigeri Chudan (Instep) (One step Front Kick into Front hand head punch/slight body shift (avoiding attack) with reposition foot to side with Round Kick.
3. Ushiro ura mawash into gakazuki.
4. Surikomi Jodan Chudan renzuki surikomi maegeri gakazuki
Hitch head punch reverse punch one step front kick reverse punch.

KATA (Form Demonstration)

All Five Pinan Katas to be performed to a good standard.

NIDAN SHODAN SANDAN YODAN GODAN

PARTNER WORK

Ohyu Gumite number 2 and 4 with partner.

IMPACT PADWORK without Competition Hand Pads. Examiners Choice

JI YU KUMITE (Free Fighting) - Competition hand pads & gum shields are required - no contact to face for juniors, - controlled touch to the body to Competition Scoring Areas (show variation of karate techniques to reasonable standard & distancing).

BROWN BELT (3rd KYU) - FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

- | | |
|---------------------------------|------------------------------------|
| 1. Kette Junzuki. | 8. Sokutogeri. |
| 2. Kette Gyakazuki. | 9. Surikommi Sokutogeri. |
| 3. Kette Junzuki No Tsukkomi. | 10. Mawashigeri. |
| 4. Kette Gyakazuki No Tsukkomi. | 11. Ashi bari |
| 5. Nagashizuki. | 12. Ushiro ura (optional). |
| 6. Ura Mawashegeri. | 13. Ushiro Sokuto geri (optional). |
| 7. Ushirogeri. | |

RENRAKU WAZA (Combination Techniques)

1. Zenshinite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakazuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan - Ushirogeri Chudan - Uraken Jodan.
3. Zenshinite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan - Mawashigeri Chudan.

KATA (Form Demonstration)

Any three pinan kata (examiners choice) all brown belts.
Plus Ku Shanku. At a good standard.

KATA (BUNKAI) - demonstrate application, one from each advanced kata.

UKE (Blocks) IPPON GUMITE - All Ages with Partner.

Own choice of defense against a selection of the following techniques.

Straight punch stomach, Straight punch to face. Hook punch to face, single hand grab, double hand grab, rear choke.

OHYU GUMITE (Semi-Free Fighting) and Kihon GUMITE

Ohyu's 1, 2 & 3

Kihon's 1 & 2

IMPACT PADWORK without Competition Hand Pads. Examiners Choice.

JI YU KUMITE (Free Fighting) - Competition hand pads & gum shields are required - no contact to face for juniors, - controlled body contact (show variation of karate techniques to a competent standard with correct distancing & timing).

BROWN BELT (2nd Kyu) - FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

- | | |
|--------------------------------|------------------------------------|
| 1. Kette Junzuki | 8. Sokutogeri |
| 2. Kette Gyakazuki | 9. Surikomi Sokutogeri |
| 3. Kette Junzuki No Tsukkomi | 10. Mawashigeri |
| 4. Kette Gyakazuki No Tsukkomi | 11. Ashi Bari |
| 5. Nagashizuki | 12. Ushiro ura (optional). |
| 6. Ura Mawashigeri | 13. Ushiro Sokuto geri (optional). |
| 7. Ushirogeri | |

RENRAKU WAZA (Combination Techniques)

1. Zenshinite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan Ushirogeri chudan Gyakazuki Chudan
2. Surikomi Jodan Renzuki Chudan Surikomo Maegeri chudan Sokutogeri chudan Ushirogeri chudan. Uraken Jodan
3. Zenshinite Jodan chudan Renzuki Maegeri Chudan Nagashizuki Gyakazuki chudan Mawashigeri chudan

KATA (Form Demonstration)

Any three pinan katas Kushanku.
Ni Hanchi.

KATA (BUNKAI) (over 16 s only)

One piece of Bunkai from each advanced kata.

**** (All Partner work to be done with vigorous application and show great spirit) ****

UKE (Blocks) IPPON GUMITE - All Ages with Partner.

Own choice of self defence applications developed with a partner under the guidance of your instructor

OHYU GUMITE (Semi-Free Fighting) and Kihon GUMITE

Ohyu's 3, 4 & 5

Kihon's 3, 4 & 5

IMPACT PADWORK without Competition Hand Pads. Examiners Choice.

Ji Yu Kumite (free Fighting) Free fighting to a good Standard.

BROWN BELT (1st Kyu) - FULL BELT

KIHON, TSUKI AND KERI (Basic Techniques)

- | | |
|--------------------------------|-------------------------------|
| 1. Kette Junzuki | 8. Sokutogeri |
| 2. Kette Gyakazuki | 9. Surikomi Sokutogeri |
| 3. Kette Junzuki No Tsukkomi | 10. Mawashigeri |
| 4. Kette Gyakazuki No Tsukkomi | 11. Ashi Bari |
| 5. Nagashizuki | 12. Ushiho Ura (optional). |
| 6. Ura Mawashigeri | 13. Ushiho Sokuto (optional). |
| 7. Ushirogeri | |

RENRAKU WAZA (Combination Techniques)

1. Zenshinite Jodan Chudan Renzuki - Maeger chudan - Mawashigeri chudan Ushirogeri chudan Gyakazuki chudan.
2. Surikomi Jodan Chudan Renzuki-Surikomi Maegeri chudan - Sokutogeri chudan - Ushirogeri Chudan-Uraken Jodan.
3. Zenshinite Jodan-Chudan Renzuki-Maegeri chudan-Nagashizuki Jodan - Gyakazuki chudan-Mawashigeri chudan.

KATA (Form Demonstration)

Any three pinan kata examiners choice

Kushanku

Ni Hanchi

Seishan

KATA (BUNKAI) (over 16 s only)

Demonstrate Application from each advanced kata.

UKE (Blocks) IPPON GUMITE - All Ages with Partner.

Ippon Gumite. All ages with a partner Presentation of own self defence applications using any fundamentals

OHYU GUMITE (Semi-Free Fighting) and Kihon GUMITE

Ohyu's 4, 5 & 6

Kihon's 4, 5 & 6

IMPACT PADWORK without Competition Hand Pads. Examiners Choice.

Ji Yu Kumite (free Fighting) Free fighting to a good Standard.

BLACK BELT (1st 2nd and 3rd DAN)

KIHON, TSUKI AND KERI (Basic Techniques)

- | | |
|---------------------------------|---------------------------|
| 1. Kette Junzuki. | 8. Sokutogeri. |
| 2. Kette Gyakazuki. | 9. Surikomi Sokutogeri. |
| 3. Kette Junzuki No Tsukkomi. | 10. Mawashigeri. |
| 4. Kette Gyakazuki No Tsukkomi. | 11. Surikomi Mawashigeri. |
| 5. Nagashizuki. | 12. Ashi Bari. |
| 6. Ushiro geri. | 13. Ushiro Sokuto. |
| 7. Ura mawashigeri. | |

RENRAKU WAZA (Combination Techniques)

1. Zenshinite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan
- Ushiro sokuto geri Chudan -Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan
- Ushiro sokuto geri Chudan - Uraken Jodan.
3. Zenshinite Jodan - Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan
- Gyaku zuki Chudan - Mawashigeri Chudan.

KATA (Form Demonstration)

1st Dan - Ku Shanku, Nai Hanchi, Chinto.

2nd Dan - Ku shanku Seishan, Wanshu, Passai, Ro Hoi.

3rd Dan - Ku shanku Wanshu, Neisi Shi, Jitte, Jion.

KATA (Bunkai application all ages)

1 Piece of Bunkai from Each advanced kata all grades.

UKE (Blocks) IPPON GUMITE

All Dan examinees to demonstrate two examples of blocking against selected attacks with their own variation finish.

OHYU/KIHON GUMITE

1st Dan - Ohyu's 5, 6, 7. Kihons 5, 6, 7

2nd Dan - Ohyus 6, 7, 8. Kihons 6, 7, 8

3rd Dan - Ohyus and Kihons Grading Panels Choice

BLACK BELT (1st 2nd and 3rd DAN)

IMPACT PADWORK Examiners Choice

JI YU KUMITE (Free Fighting) - Examinees are you display vigours application and strenght of character when delivering pad work.

GENERAL SAFETY WHEN GRADING AND TRAINING

All pair work, whether Bunkai, Pre-arranged or Free-Sparring, must be performed with the opponents safety in mind, wreckless techniques will not be tolerated. Head and body techniques for seniors must be controlled to the level of light skin touch - light contact is only permitted to the muscled area of the stomach for Seniors. With regard to Juniors, light controlled skin level tough is permitted to the body and NO TOUCH WHATSOEVER TO THE HEAD, FACE OR NECK.

(213cm should be the margin of control aimed for when training).

Appendix

OHYU-GUMITE (SEMI-FREE FIGHTING TECHNIQUES)

Procedure & Etiquette - See Opposite

- 1 Attacker left defender left. **A.** Step forward double punch (jodan, Chudan) pivoting effect sweep with left foot then right gyakazuki to kidney.
D. Step back as attacker moves forward and blocks first punch with open hand Uchi Uke. (Keep in free fighting stance - slight lean with block).
- 2 Attacker right stance defender left. **A.** Left Gyakazuki Jodan, step left foot to right as left punch returns to body centre. Right hook sweep opponents foot and left gyakazuki to kidney. **D.** Slide stance backover and block in over left open hand. (keep in free-fighting stance - slightly lean with block).
- 3 **A.** Left Step forward double punch (jodan, chudan with lock out). **D.** Right Step back and left open block in over Jodan punch. After Attackers Chudan punch, slide forward with left Junzuki No Tsukkomi.
A. Hitch under left punch into right shiko dachi behind defender. Left back hand under defender's chest (simultaneous with defenders junzuki) - Scissor throw over right leg without holding, straightening legs. Drop down bending knees and right Uraken to nose. (If opponent falls out of distance - close distance).
- 4 Attacker right stance defender right stance. **A.** Right Uraken Jodan with left step, continuous movement with left open hand elbow guard whilst returning right hand to hip - right ura-tsuki to kidney. (No wrist twist - Shiko Dachi).
D. Hitch back over in straight line (Shike dachi), right head block attacker's uraken jodan.
A. Grab defender's shoulders and right hiza geri (knee kick to stomach whilst twisting, body into kick) Dropping on to right foot, right empi (elbow) to either shoulder blade, with left open hand under elbow for safety (Shiko Dachi screwing hip into empi) Place your hand under empi to protect partner.
- 5 Attacker left defender left. On this one the defender is the one doing the technique.
A. Full step through into right stance and deliver left chudan reverse punch then one step, right maegeri thrust kick. **D.** Step back, right uchi uke chudan blocking reverse punch. Step back left in over block with outer forearm, blocking kick **D.** Right Haito (ridge hand) to stomach, (whilst sliding right foot in slightly) continuous uraken to back of head - Simultaneous left hand pull down (reposition right foot if required) with right shuto breaking balance behind knee - Continuous right shuto to nose.
6. Attacker Left defender left. **A** One step front kick defender full step back to right stance. **A** Upon placing kick down attacker delivers right gyakazuki Jodan **D** Blocks punch with right (front) hand. **A** then performs front foot hook sweep to defenders right leg then keeping sweep off the ground places it down at a distance where they can deliver right chudan to the partners side/back.

7. Attacker Left Defencer Left . **A** double snap punch to head shuffling forwards. **D** Right open handed block both punches. **D** Then steps slightly left with lead leg and delivers right Maegeri Chudan. Attacker is now defending and performs left forearm block deflecting the kick using body shift at the same time then delivers ura zuki to opponents back before stepping in behind placing right foot behind opponents right knee and grabbing collar with right hand. **A** then pulls collar pulling to the right whilst breaking balance behind knee. Deliver Gyakazuki to finish.
- 8 Attacker right defender left. Left foot slide and right foot hook attempt. After left sweep attempt turning into right back kick chudan. Turning into left reverse punch chudan (right back hand blocks defender's left hand). One step back (out of hook range) - One step back (out of sweep range).

KIHON-GUMITE (BASIC SPARRING)

- 1 **A** right Def R Slide, right head punch, left reverse punch chudan to defender's changed position. (Reposition right foot). Slide, right head block, step left foot (triangle) body twist, simultaneous, left one knuckle punch with right forearm guard.
- 2 **A** right Def R Slide, right head punch, one step; left foot to right foot, perform sokuto chudan to defender's changed position. (Drop to Shiko Dachi Stance both feet in line). Slide, right head block, step left foot (right angle to right foot), drawing right foot to 'T' stance and right gedan barai, right foot step, body twist haito (ridge) with left teisho (Palm).
- 3 **A** right Def R Slide, right head punch, square stance, right foot slightly back, for left maegeri. Slide, right head block, body twist to right (Nagashazuki principal) with right half punch to solar plexus and simultaneous left fist in guard position to inner thigh. (Junzuki Tsukkomi Stance).
- 4 **A** left Def R Slide, left head punch, right reverse punch, jodan to defender's new position. Slide, right head block, step left foot right angle to right foot, left uchi uke leaning backover (short cat-stance) step right foot with right one knuckle punch to armpit/ribs (Junzuki No Tsukkomi Stance).
- 5 **A** left Def R Slide, left head punch, right reverse punch chudan slid, right head block, right backhand block whilst drawing right foot backover to right short cat stance (Pivoting Heel) - Left hand grasp, twist wrist and keep hold of attackers right fist right foot step and perform haito to side of face. Step right foot to shiko dachi and right empi chudan. - Right hand, open hand grasp attacker's right hand pivoting ball of foot, draw right foot to right cat stance with bent wrist hold - Body twist step left foot behind. Pull anti clockwise to floor - Right knee hold attacker's elbow, while punching to face (right foot under opponents shoulder blade) - Both hands hold attacker's wrist and lower forearm, hitch backover in stance.

- 6 **A** left Def R Slide, left head punch, one step right foot to left foot, perform left sokuto chudan with right gyakazuki jodan. Slide, right head block - Step left foot, right angle to right foot. drawing foot to 'T' stance and right gedan barai. Body twist left foot (triangle), right knife hand block with left punch chudan.
- 7 **A** left Def R Slide, left head punch, square Stance, left foot slightly back, right mawashigeri jodan. Slide, right head block, body twist (Nagashazuki principle), right shuto strike (no pull back) to collarbone, left forearm guard. (Vertical with open hand).
- 8 **A** left Def R Slide, right chudan punch - Left jodan punch slide, right uchi chudan (Shiko Dachi/Side Stance). Right elbow block jodan - Right middle knuckle punch past attacker's thigh - Right reinforced elbow to ribs (Shiko Dachi) - Left foot slightly to left in over with body twist open hands hold attacker's right fist - push off to break attacker's balance, whilst stepping back with right foot.
- 9 **A** right Def R Slide, right chudan punch, left chudan punch. Slide, right uchi chudan block in over (Shiko Dachi) - Same hand soto uke, step left foot (triangle). Left punch chudan keeping right edge of open hand block in position.
- 10 **A** right Def R Slide, right punch jodan - Left reverse punch jodan. Slide, right shuto head block in over - With body twist, right outside wrist block, with left open palm hand holding attacker's right fist - Right grasp of attacker's left sleeve perform right elbow armpit, then left groin strike (back of hand) while moving right foot to side - Left foot step across, twisting body and grasping attacker's left Gi (knee) with left hand - Throw over shoulder stepping back with right foot.

RENRAKU WAZA (Combination Techniques)

RED BELT/YELLOW BELT

1. Tobikomizuki Step through snap punch stance).
2. Surikomi - Tobikomizuki - One step front hand snap punch
3. Maegeri - Tobikomizuki - Front kick, snap punch full pull back on punch.
4. Mawashigeri Gayakuzuki - Round kick reverse punch.
5. Surakomi, mawashigeri, gakazuki.

ORANGE BELT

1. Ashi-Barai - Gyakazuki (Foot Sweep with reverse punch).
2. Maegeri - Mawashigeri - Gyakazuki (Front thrust Kick, Roundhouse Kick then reverse punch).
3. Zenshinite Jodan chudan renzuki Mawashigeri (Step through double punch into near leg Roundhouse).
4. Gayakuzuki into step up Ura mawashi geri/or mawashi geri (optional).

GREEN BELT

1. Surikomi-Ashi-Barai - Gyakazuki (One Step front Foot Hook backover with Reverse Punch).
2. Maegeri - Sokutogeri Chudan - Gyakazuki (Front Kick, Side Kick, with side edge/heel, then Reverse Punch).
3. Ohyu Gumite No 1 (Step forward & Front Punch to head, combined with Reverse Punch to middle, then Full Sweep with rear leg & Reverse Punch to Middle Area).
4. Gyakazuki into step up ura mawashigeri/or mawashigeri.

BLUE BELT

1. Mawashigeri Chudan - Ushirogeri- Gyakazuki (Round Kick, turning into back kick with Reverse Punch).
2. Step through double punch front kick round kick reverse punch.
3. Ohyu Gumite No 2 - Gyakazuki Jodan - Surikomi Ashi Bari - Gyakazuki Chudan (Hitch Forward Reverse Punch to head, Step back foot to front foot (same time as punch pull back), Hook with front foot & Reverse Punch off centre, pivoting on back heel).
4. Surikomi Mawashigeri - Ushirogeri Gakazuki.

PURPLE BELT

1. Maegeri Chudan - Nagashizuki Jodan - Gyakazuki Chudan.
2. Surikomi Maegeri Chudan Nagashizuki Jodan - Mawashigeri Chudan (Instep) (One step Front Kick into Front hand head punch/slight body shift (avoiding attack) with reposition foot to side with Round Kick.
3. Ushiro ura mawash into gakazuki.
4. Surikomi Jodan Chudan renzuki surikomi maegeri gakazuki
Hitch head punch reverse punch one step front kick reverse punch.

BROWN & BLACK BELTS

1. Zenshinite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan
- Ushiro sokuto geri Chudan -Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Sokutogeri Chudan
- Ushiro geri Chudan - Uraken Jodan.
3. Zenshinite Jodan - Chudan Renzuki - Maegeri Chudan - Nagashizuki Jodan
- Gyaku zuki Chudan - Mawashigeri Chudan.



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07703 100 868

email: mitsurukarate@gmail.com

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