

**BLACK PAW 黒足武道**

**MARTIAL ARTS ACADEMY**

**GOJU-RYU KARATE**



**SYLLABUS**

# BLACK PAW 黒足武道

## MARTIAL ARTS ACADEMY

### GOJU-RYU KARATE

## Terminology

### General

Karate	Empty Hand
Kihon	Basics
Kata	Pre-Arranged Form
Mawatte	Turn Around
Rei	Bow
Sensei	Teacher
Sensei Ni Rei	Bow to Teacher
Shomen Ni Rei	Bow to the Front
Dojo	Training Hall
Gi	Uniform
Jodan	Head Level
Chudan	Middle Level
Gedan	Low Level
Kiai	Shout of Spirit
Kime	Focus
Shugo	Line Up
Hajime	Begin
Yamae	Stop
Hidari	Left
Migi	Right

### Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### White (with Yellow Stripe)

#### BLOCKS

Jodan Age Uke

Chudan Uchi Uke

Gedan Berai Uke

Rising Head Block

Middle Inner Block

Lower Sweeping Block

#### PUNCHES

Jodan Tsuki

Chudan Tsuki

Gedan Tsuki

Head Punch

Middle Punch

Lower Punch

#### STRIKES

Ura Uchi

Front Back Fist Strike

#### KICKS

Mae Geri

Front Kick

#### STANCES

Musubi Dachi

Heiko Dachi

Han Zenkutsu Dachi

Bowing Stance

Ready Stance

Short Fighting Stance

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Yellow

Any basic move requested from the previous syllabus , plus:

#### BLOCKS

Soto Uke  
Gedan Uke

Middle Outer Block  
Lower Outer Block

#### PUNCHES

Shita Tsuki  
Gyaku Tsuki

Short Punch  
Reverse Punch

#### STRIKES

Hije Ate  
Mawashi Empi

Rising Elbow Strike  
Round Elbow Strike

#### KICKS

Mawashi Geri

Round Kick

#### STANCES

Zenkutsu Dachi

Long Stance

#### KATA

Gekisai Dai Ichi

(Floor and Head Pattern)}

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Yellow (with Orange Stripe)

Any basic move requested from the previous syllabus , plus:

#### PUNCHES

Age Tsuki

Rising Punch

#### STANCES

Kiba Dachi

Horse Riding Stance

Shiko Dachi

Sumo Stance

#### KATA

Gekisai Dai Ichi

(Full Technique and Strength)

#### APPLICATION

Gekisai Dai Ichi

Set 1 - 5

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Orange

Any basic move requested from the previous syllabus , plus:

#### KICKS

Yoko Geri

Side Kick

#### STANCES

Sanchin Dachi

Pigeon Toed Stance

#### KATA

Gekisai Dai Ni (Floor and Head Pattern}

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Orange (with Green Stripe)

Any basic move requested from the previous syllabus , plus:

#### KICKS

Ushiro Geri

Back Kick

#### STANCES

Neko Ashi Dachi

Cat Stance

#### KATA

Gekisai Dai Ni

(Full Technique and Strength)

#### APPLICATION

Gekisai Dai Ni

Set 1 - 2

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Green

Any basic move requested from the previous syllabus , plus:

#### BLOCKS

Chugi Uke  
Kake Uke

Double Block  
Open Hand Block

#### PUNCHES

Morote Tsuki  
Awase Tsuki

Double Punch  
U Punch

#### STRIKES

Yoko Ura Uchi

Side Back Fist Strike

#### KICKS

Mae Tobi Geri

Jumping Front Kick

#### KATA

Saifa

(Floor and Head Pattern)

#### KUMITE

Kumite will be assessed

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Green (with Blue Stripe)

Any basic move requested from the previous syllabus , plus:

#### BLOCKS

Mawashi Uke

Round Block

#### STRIKES

Teisho Ate

Palm Heel Strike

Tetsui Ate

Hammer Fist Strike

#### KICKS

Kin Geri

Groin Kick

Kokato Geri

Hammer (Axe) Kick

#### KATA

Saifa

(Full Technique and Strength)

#### APPLICATION

Saifa

Set 1 - 6

#### KUMITE

Kumite will be assessed

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Blue

Any basic move requested from the previous syllabus , plus:

#### PUNCHES

Yoko Tsuki

Side Punch

#### STRIKES

Shuto Uchi

Knife Hand Strike

Mawashi Shuto Uchi

Round Knife Hand Strike

Haito Uchi

Ridge Hand Strike

#### KICKS

Ura Mawashi Geri

Hooking Kick

#### KATA

Sanchin Dai Ichi

(Floor and Head Pattern)

#### KUMITE

Kumite will be assessed

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Blue (with Red Stripe)

Any basic move requested from the previous syllabus , plus:

#### KICKS

Kansetsu Geri

Joint Kick

#### STANCES

Kosa Dachi

Crossed Leg Stance

#### KATA

Sanchin Dai Ichi

(Full Technique and Strength)

#### KUMITE

Kumite will be assessed

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GOJU-RYU KARATE

### Red

Any basic move requested from the previous syllabus , plus:

#### STRIKES

Furi Uchi

Nukite Uchi

Curved Strike

Spear Hand Strike

#### KICKS

Mae Hiza Geri

Mawashi Hiza Geri

Front Knee Kick

Round Knee Kick

#### STANCES

Kokutsu Dachi

Backwards Leaning Stance

#### KATA

Sanchin Dai Ni

(Floor and Head Pattern)

#### KUMITE

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Brown (with Red Stripe)

Any basic move requested from the previous syllabus , plus:

#### STRIKES

Nakadaka Ken Uchi

Ippon Ken Uchi

Middle Knuckle Strike

One Knuckle Strike

#### KICKS

Ashi Barai

Foot Sweep

#### KATA

Sanchin Dai Ni

(Full Technique and Strength)

#### KUMITE

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Brown

Any basic move requested from the previous syllabus , plus:

#### KATA

Seiunchin

(Floor & Head Pattern)

#### KUMITE

Kumite will be assessed

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## MARTIAL ARTS ACADEMY

GOJU-RYU KARATE

### Brown (with Black Stripe)

Any basic move requested from the previous syllabus , plus:

#### KATA

Seiunchin

(Full Technique and Strength)

#### APPLICATION

Seiunchin

Set 1 - 5

#### KUMITE

Kumite will be assessed

2 vs 1 Kumite

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