

Hudson CMA: Karate Requirements for Kyu Ranks  
 ACE Form (Assess, Critique, Evaluate: 1-5)

[5 = Outstanding, 1 = Needs Improvement, 3 = At Belt Level]

Karateka Name: \_\_\_\_\_

Current Rank: \_\_\_\_\_

Date: \_\_\_\_\_

revision: 2016-09-26							Requirements	Number of days in week karate was practiced:				
12_11	10_9	8_7	6_5	4b_4a	3b_3a	2b_2a	1b_1a	Basic				
								dojo rules				
								Japanese terminology				
								kiai				
								<b>Stances (Tachi/dachi)</b>				
								open leg, front, back, horse				
								hourglass, fighting, cat, sumo				
								T-stance, L-stance, attention, parallel				
								rooted (fudo), X-stance				
								<b>Blocks (Uke)</b>				
								lower, outside-in, inside-out, rising				
								sword arm, knife-hand				
								augmented, x-block				
								double-blocks, using feet to block				
								<b>Punches (tsuki)</b>				
								basic, straight, reverse, lunge, jab				
								spear, rising, vertical, upper jab, hooking				
								roundhouse, U-punches, repeated, simultaneous				
								blocking punches aka "attacking with a defense"				
								<b>Strikes (uchi)</b>				
								knife hand, back fist, hammer fist				
								back hand, ridge hand, palm-heel				
								ox-jaw, chicken-wrist, bent-wrist, bear-hand, eagle-hand				
								<b>Kicks (keri/geri)</b>				
								front, roundhouse, side, scissor				
								back, crescent (and reverse), axe				
								jump, double, wheel, spin, drift				
								hook, sweep				
								<b>Smashes (Ate)</b>				
								knee: upward, roundhouse				
								elbow: backward, downward, sideward				
								elbow: forward, side-roundhouse, upward				
								<b>Kwanbu Kihon</b>				
								basic block-punch				
								basic block-punch-kick				
								1 personal pattern				
								2 personal patterns				
								<b>Kata</b>				
								Taikyoku 1, Heian 1				
								Heian 2				
								Heian 3-4				
								Heian 5, Kwan-kong Changkwan (or Kwan mu) 1				
								Kwan-kong Changkwan (or Kwan mu) 2-3				
								Kwan-kong Changkwan 4, Jion				
								Tekki 1				
								Bassai Dai				
								<b>Ippon Kumite</b>				
								Basic 10				
								1-8				
								9-16				
								17-24				
								25-32				
								<b>Variable Ippons</b>				
								1-10				
								11-20				
								<b>Hit-Move-Hit</b>				
								basic punch				
								basic kick				
								punch and kick				
								back fist with punch and spin kick				
								<b>Kumite</b>				
								oblique movement, get in - strike - get out				
								3 techniques, oblique movement				
								kicking counters				
								demonstrate balanced command of all simple hand and foot attacks and blocks				
								4 foot blocks/sweeps, and 2 different multiple (hand and foot combinations)				
								<b>Specialized Drills</b>				
								four releases				
								pressing drill (with partner)				
								standing punch reflex drill				
								three-stars, blocking partner drill				
								four releases with take down				
								<b>Take Downs</b>				
								basic take-down				
								two take-downs				
								demonstrate ability and understanding of take-downs				
								<b>Falls and Rolls</b>				
								falls: sideways, backward, forward				
								rolls: forward, backward (tucking chin emphasis)				
								rollouts				
								<b>Instruction</b>				
								can instruct individual/small groups of students under supervision (15 or older)				
								can run a class under supervision (18 or older)				
								can run a class without supervision (21 or older)				

NOTES:

