

KASE HA SHOTOKAN RYU KARATE DO- ACADEMY

DAN - GRADING SYLLABUS

This syllabus has been developed for 18 years through members of the Shihan-Kai of Kase Ha Shotokan Ryu Karate-Do Academy and it is a synthesis of years of practice and experience under the guidance and teachings of the late Shihan Taiji Kase. The co-ordination from several ideas and opinions finally concluded and are embodied within this grading and profiling syllabus from the KSK Academy.

Members of Shihan-Kai / Grading Examiners

Shihan Kase Taiji

Shihan Heene Dirk

Shihan Martin Jim

Shihan Petrella Pascal

Shihan Fedyk Michaylo

Shihan Delgado Juan-Pablo

Shihan Ibscher Nico



29th September 2002
Update: 5th June 2005
Update: 10th Dec 2018
Update: 8th Nov 2020

PRINCIPALS

The ultimate goal of Kase Ha Shotokan Ryu Karate-Do Academy is to reach a level beyond technique, which is based on the ancient BUDO approach to martial arts and spirit.

Some aspects of higher level karate cannot be clearly recognised and graded by other means. After technique has been mastered it becomes a tool in further search.

Specific breathing, concentration and visualisation are crucial elements in the mind's development. The system of Ibuki breathing leads to a higher spiritual level and to the finest form of energy control.

The authenticity of the Kase-Ha approach should be reflected in the examination syllabus; hence reality instead of formality is the general target in both kumite and kata applications.

The presentation of a strong and effective defensive system is involved. A variety of blocks, with open and closed hands and respective kamae positions should be shown.

The use of FUDO DACHI, gradually developed from basic stances to satisfy equally defensive and offensive requirements also to ensure stability and body control.

The approach with open hand techniques into defensive and offensive attitude.

The timing principals of SEI-TE and HEN-TE is clearly and effectively implemented.

Development of the moving system to diagonal, semicircular and circular directions.

Unique treatment of KATA, including the execution of four directions (omote, ura, go, ura-go) and the respective application system (Kata Kumite, Bunkai, Oyo Bunkai).

The following syllabus is not a final examination program; it is just a spot on the long path of Karate-Do.

General Remarks

Application and Selection Protocol

- For grade levels of Shodan to Sandan, the candidate must submit their KSKA Grading Application Form on the day of the examination that is signed in support of the grading by a member of the Academy with a higher grade than the candidate. <http://www.ksk-academy.org/div/grading-application-form.pdf>
- For grade levels of Sandan to Godan the candidate must submit their KSKA Dan Grading Application Form (same form as above) via email to the KSKA Secretary a minimum of 6-months prior to the proposed date of examination. Their application should be supported by a member of the KSKA Shihankai or a Senior member of the KSK-Academy. secretary@ksk-academy.org

Note: the signatory or proposer will be considered as the candidates 'mentor' and as such, is to ensure the candidate attends sufficient KSKA training courses in order to attain the necessary technical standard of the grade being taken. The candidate should have regularly contact with the Shihankai by way of further confirmation.

- For levels of Rokudan and above, the process then changes to that of a selection and assessment criteria where at six-monthly intervals the KSKA Secretary will present to the Shihankai the names of Senior members that are to be considered for advancement.
- The KSKA Shihankai will assess on merit the potential candidate(s) and decide, based on the selection criteria as included within the 6th Dan and above grading protocol, when and where it is deemed appropriate for the candidate to present their grading. <http://www.ksk-academy.org/en/academyinfo/grading/6dan/>
- Based on the Shihankai's decision, the Secretary will then write to the candidate advising of their selection also to include details of the recommended timescale and course location at which the candidate is invited to present their grading.

Grading Examiners & Location

- For grade levels of Shodan to Yondan, gradings can be presided over by one member of the KSKA Shihankai.
- Godan and above is in the presence of the KSKA Shihankai unless otherwise agreed.
- Godan and above examinations should be taken at the KSKA Gasshuku although exceptions can be made providing they are approved by the Shihankai.

Gasshuku Attendance

- Members who are presenting themselves for Yondan and above must regularly participate at KSKA Gasshuku including their attendance on a minimum of three Gasshuku within the two-year period leading up to the examination.

New and Returning Members

- New members first joining the KSKA from other organisations will be welcomed and allowed to retain their awarded Dan grade although detail of the accrediting body will be recorded on the database as other than the KSKA.
- New members will need to regularly attend KSKA Gasshuku and other official courses that are presented by members of the Shihankai in order to further their breadth of experience and knowledge of Kase-Ha Karate-Do.
- A minimum period of two years continuous training is recommended prior to a grade advancement or as may be applicable to the Dan grade level.
- If a member leaves and upgrades outside of the KSKA and then reapplies for membership the new Dan Grade will not be recognised.
- Further advancement will be governed in accordance with the Dan Grade application process for 1st to 5th Dan or the assessment protocol in the case of 6th Dan and above.
- For further information please ask the KSKA General Secretary: <http://www.ksk-academy.org/en/home/contact>

SHODAN EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Minimum one year of continuous training after 1st Kyu examination
- Applications should be supported by the instructor or member of the KSK-Academy
- The candidate should be able to demonstrate their knowledge and understanding of the principle goals of Kase Ha Shotokan Ryu Karate-Do Academy and KARATE NO MICHU
- Be able to demonstrate strong kime, fast techniques, speed and stability together with a strong fighting spirit
- Be able to control their techniques including during kumite
- Possess a knowledge of basic Japanese karate related terminology including those commonly used within the Kase-Ha training system
- The principle stance to be used for this grading is Fudo-Dachi
- Grading examiners are free to request an explanation and/or demonstration of some parts of the kihon combinations during the examination process and in order to establish the candidate's knowledge and capacity also the ability to adapt themselves to the examiner proposal.

Shodan

KIHON

1. TEN-NO-KATA, (obligatory)

2. Closed-Hand Kihon

Uke waza: 9 closed hands blocks*Nine basic blocking skills with closed hands**Optional: Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te*

Start from Hamni –Dachi, move for the block in Fudo-Dachi

| | |
|---------|--|
| Jodan: | - Age-Uke - Soto-Uke - Tate-Uke |
| Chudan: | - Soto-Uke - Uchi-Ude-Uke - Otoshi-Uke |
| Gedan: | - Gedan-Barai - Kake-Uke - Nagashi-Uke |

3. Kihon

Fw Yori-Ashi Kisami-Zuki / Kae-Ashi Oi-Zuki / Tsugi-Ashi Gyaku-Zuki / Yori-Ashi Uraken-Uchi

A CHOICE OF

| | |
|----|--|
| bw | Yori-Ashi Age-Uke // Tate-Zuki / Gyaku-Zuki |
| fw | Mae-Geri / Kisami-Zuki / Gyaku-Zuki |
| bw | Yori-Ashi Uchi-Ude-Uke // Kisami-Zuki / Gyaku-Zuki |
| fw | Mawashi-Geri / Gyaku-Zuki / Uraken-Uchi |
| bw | Yori-Ashi ZK Soto-Uke // KD Yori-Ashi Yoko-Empi // Uraken-Uchi / ZK Gyaku-Zuki |
| fw | Tsugi-Ashi Yoko-Geri-Kekomi / Uraken-Uchi / Gyaku-Zuki |
| bw | Yori-Ashi Gedan-Barai // Uraken-Uchi / Gyaku-Zuki |
| fw | Ushiro-Geri / Uraken-Uchi / Gyaku-Zuki |

OBLIGATORY

| | |
|----|---|
| bw | KK Shuto-Uke // Kisami-Mae-Geri / ZK Gyaku-Nukite |
| fw | Yori-Ashi Tate Shuto-Uchi jo / Kae-Ashi-Shuto-Ganmen ¹ -Uchi jo / Gyaku-Haito jo |

¹ Strait from to top to the head

N I D A N

EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Minimum two years of continuous training after the Shodan examination
- Applications should be supported by the instructor or member of the KSK-Academy
- The candidate should be able to demonstrate their ability to coordinate different hand and leg techniques in both attacking and defensive situations
- Demonstrate their ability of side movement also Tai Sabaki in both attacking and defensive situations
- Demonstrate their understanding of open hand blocking techniques
- Demonstrate the application of body support for Hen-te and Sei-te techniques
- Demonstrate the use of Gyaku Uraken in GO-NO-SEN and SEN-NO-SEN
- Grading examiners are free to request an explanation and/or demonstration of some parts of the kihon combinations during the examination process and in order to establish the candidate's knowledge and capacity also the ability to adapt themselves to the examiner proposal.

Nidan**KIHON****1. Open-Hand Kihon**

Uke-waza: 9 open hand blocks
Nine basic blocking skills with open hands
Emphasise final kime and next kamae preparation
Move from Hanmi-Dachi to Fudo Dachi

Jodan: - Shuto-Barai
 - Teisho-Uke

Chudan: - Teisho-Uke
 - Tate Shuto-Uke
 - Tekubi-Uke
 - Osae-Uke

Gedan: - Shuto-Barai
 - Teisho-Sukui-Uke
 - Nagashi-Shuto-Barai-Uke

2. Zuki waza

FD Kae-Ashi Oi-Zuki jo // Hen-te Tate-Zuki chu // Hen-te Kisami-Zuki jo / Tsugi-Ashi
 Gyaku-Tate-Zuki chu // Hen-te Gyaku-Zuki jo // Hen-te Gyaku-Ura-Zuki chu

3. Tai-Sabaki Kihon**Gyaku-Uraken-Uchi**

Tsugi-Ashi Yokerukoto Teisho-Uke (45°) (Kosa-Dachi, Body Irimi) /
 Gyaku Uraken Tai-Sabaki / Kae-Ashi Gyaku-Uraken (45°) + Tai-Sabaki

4. Kihon

bw.Yori-Ashi Age-Uke // Soto-Ude-Uke // Hen-te Kisami-Zuki / Gyaku-Zuki /
 fw Mae-Ashi-Mae-Geri / Kae-Ashi-Mae-Geri / Kisami-Zuki / Gyaku-Zuki

bw Yori-Ashi Soto-Ude-Uke // Gedan-Barai // Uraken-Uchi / Gyaku-Zuki /
 fw Tsugi-Ashi Yoko-Geri / Kai-Ashi Mawashi-Geri / Gyaku-Haito

bw Yori-Ashi Gedan-Barai // Uchi-Ude-Uke // Kisami-Zuki / Gyaku-Zuki
 fw Mae-Ashi Ashi-Barai / Ushiro-Geri / Uraken-Uchi / Gyaku Shuto-Ganmen-Uchi

S A N D A N

EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Minimum three years of continuous practice after the Nidan examination
- Applications should be supported by their instructor, Shihankai or member of the KSK-Academy
- The candidate should be able to demonstrate their application of body support for Hen-te and Sei-te techniques
- Demonstrate their ability and understanding of Tai-No-Sen in Kumite situations
- Grading examiners are free to request an explanation and/or demonstration of some parts of the kihon combinations during the examination process and in order to establish the candidate's knowledge and capacity also the ability to adapt themselves to the examiner proposal.

Sandan

KIHON

1. Open-Hand Kihon

Uke waza: 9 open hand blocks and counter attacks

Nine basic blocking skills with open hands

Move from Hanmi-Dachi to Fudo-Dachi

Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te

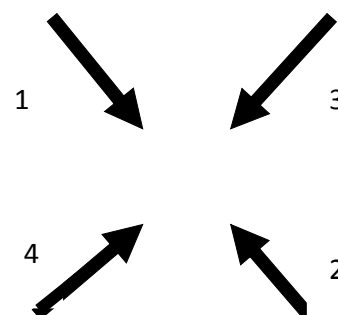
- | | |
|---------|---------------------------|
| Jodan: | - Shuto-Barai |
| | - Teisho-Uke |
| Chudan: | - Teisho-Uke |
| | - Tate Shuto-Uke |
| | - Tekubi-Uke |
| | - Osae-Uke |
| Gedan: | - Shuto-Barai |
| | - Teisho Sukui-Uke |
| | - Nagashi-Shuto-Barai-Uke |

1. Shi-Ho-Uke

Perform 4 different blocking techniques in 4 direction

Single open hands block & counter attack

Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te



2. Geri with Okuri-Ashi

Mae-Ashi-Geri chu / Yoko-Geri chu / Mawashi-Geri chu / Ushiro-Geri chu /
Ura-Mawashi-geri jo

Sandan**KATA****1. Heian Oyo, (obligatory)****2. TOKUI KATA**

A choice from: Kanku-Sho
 Bassai-Sho
 Gankaku
 Niju-Shiho

Bunkai Tokui-Kata: chosen by the examiner with a partner(s) chosen by the examiner

3. SHITEI KATA

All Tokui and Shitei Kata from Shodan and Nidan Syllabus
Heian Yondan Go, Heian Godan Go, Tekki Sandan

KUMITE**1. Jyu-Ippon Kumite**

Tori: 4 attacks: **2 Zuki, jo or chu**
 2 Geri (front or back leg)
Announce technique and level
Tori may change leg position (left, right) after the
announcement
Uke: block and counter attack (Zuki, Uchi, Geri)
Use principles of Sandan Kihon program

2. Jyu-Kumite (obligatory up to 40 years of age)

One or more rounds x 2 minutes of free fighting demonstrating a combination
of skills both in defence and attack.

Emphasis: showing maturity in the candidates presentation, application and attitude
Knowing how to attack, knowing how do defend and counter attack
Show advanced skill in Maai and timing

YONDAN EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

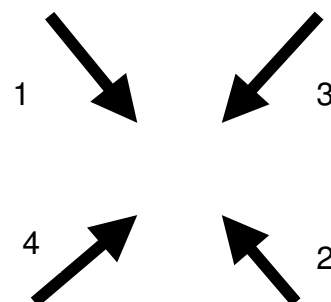
- Yondan, minimum four years of continuous practice after the Sandan examination.
- Applications for Yondan should be supported by a member of the KSKA Shihankai or senior member of the KSK-Academy.
- Yondan and above should present their intended grading program to a member of KSKA Shihankai in advance of the examination date, to request technical guidance and approval as applicable. Applications should be supported by a member of the KSKA Shihankai who will then sign their application form.
- Key features of the Yondan grading syllabus will require candidates to demonstrate their ability to adapt to situations in different directions.
- To clearly demonstrate the ability of double blocking.
- Clearly understanding different ways of using Gyaku-Uraken.
- Candidates must demonstrate their active participation at KSKA Gasshuku also by attending other seminars as presented by members of the Shihankai.
- Grading examiners are free to request an explanation and/or demonstration of some parts of the kihon combinations during the examination process and in order to establish the candidate's knowledge and capacity also the ability to adapt themselves to the examiner proposal.

Yondan

Kihon**1. Shiho-Uke**

Adapt blocks to the following attacks and direction. 3-5 techniques max. Apply *different Kase-Ha principles*.

- 1) Oi-Zuki jo / Gyaku-Zuki chu
- 2) Oi-Zuki chu / Gyaku-Zuki jo
- 3) Kizami-Zuki jo / Gyaku-Zuki chu
- 4) Mae-Geri chu / Jun-Zuki jo

**2. Uraken-Uchi exercise****a. Kihon, Footwork only (no partner) for Uraken movements**

- 1) Yori-Ashi (SMA)
- 2) Tsugi-Ashi (SMA)
- 3) Kae-Ashi (SMA)
- 4) 45° back Okuri-Ashi Kiri-Kaeshi (UMA)
- 5) Kiri-Kaeshi (SMA)
- 6) Tsugi-Ashi Yokerukoto with Kosa-Dachi (Body Irimi) (SMA)

b. Uraken-Uchi exercise with partner Kotekitai

Footwork as indicated in 2a:

- | | |
|-------------|--|
| No. 1, 2, 3 | Gyaku-Uraken |
| No. 4 | Uraken (Front hand) with Okuri-Ashi |
| No. 5 | Gyaku-Uraken with Kiri-Kaeshi |
| No. 6 | Gedan-Haiwan-Uke (45°) with Tsugi-Ashi Yokerukoto (Kosa-Dachi, Body Irimi) / step Gyaku-Uraken Tai-Sabaki (SMA). (It can also be done by pivoting on back foot (Kaiten) depending which position partner is). |

c. Uraken-Uchi against an attack

Tori attacks always with Oi-Zuki chu, except last attack with Mae-Geri chu

(SMA: Soto-Mawari-Ashi; UMA: Uchi-Mawari-Ashi)

Yondan**Kata****1. Tekki Oyo (obligatory)****2. Tokui Kata**

Kata of your own choice, which was not presented at former gradings

+ Kata in Ura form, chosen by the examiner

+ Bunkai, partner chosen by the examiner

3. SHITEI KATA

+ All Tokui and Shitei katas from Shodan to Sandan syllabus

+ All Heian Kata in Go

Kumite

➤ Show application of Shiho-Uke Kihon program

➤ Jiyu Kumite up to 40 years of age

Godan & above

EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Godan, minimum 5 years of continuous practice after the last examination
- Rokudan, minimum 6 years of continuous practice after the last examination
- Nanadan, minimum 7 years of continuous practice after the last examination
- Hachidan, minimum 8 years of continuous practice after the last examination
- The application process for Godan candidates is as detailed within the following link:- www.ksk-academy.org/en/academyinfo/grading/5dan/
- Rokudan and above will be assessed on merit by the KSKA Shihankai in accordance with the assessment criteria as detailed on the KSKA website.
- Candidates should be able to explain and instruct the techniques and skills as performed in the KSK-Academy (PEDAGOGICAL, METHODOICAL, SYSTEMATIC ABILITY)
- Candidates should be able to demonstrate their continued development in the deeper study on Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon)
- Grading examiners are free to request an explanation and/or demonstration of some parts of the kihon combinations during the examination process and in order to establish the candidate's knowledge and capacity also the ability to adapt themselves to the examiner proposal.

Godan & above**Kata****1. Tokui Kata**

Kata of your own choice, which was not presented at former gradings

+ Kata in Ura form, chosen by the examiner

+ Bunkai, partner chosen by the examiner

2. SHITEI KATA

+ All Katas from previous gradings

Kihon

Show 3 combinations of no more than 7 techniques each reflecting Kase Ha principles

Kumite

Apply the combinations with a partner chosen by the examiner

The syllabus for Rokudan and above can also, prior to the grading, be individually assigned by the KSKA Shihankai.

Legend

Legend:

| | |
|-----|--------------------------|
| // | same hand or same leg |
| / | other side (hand or leg) |
| FD | Fudo-Dachi |
| KB | Kiba-Dachi |
| ZK | Zenkutsu-Dachi |
| KK | Kokutsu-Dachi |
| KD | Kosa-Dachi |
| Fw | forward |
| Bw | backward |
| SMA | Soto-Mawari-Ashi |
| UMA | Uchi-Mawari-Ashi |

Terms:

| | |
|------------|--|
| Yokerukoto | side moving to escape |
| Kotekitai | Induration training (technique against technique) |
| Okuri-Ashi | Helping step, adapting the distance to the kick |
| Tai-No-Sen | Counter before the oponents techniques is finished (counter during blocking) |
| Go-No Sen | Counter after block |
| Sen-No-Sen | Counter in the moment of iniciative |
| Taisabaki | Body Turning, Body shifting |

STATEMENT FROM
MRS. CHIEKO KASE
THE HONORARY PRESIDENT OF
KASE HA SHOTOKAN RYU KARATE-DO ACADEMY

The members of the Shihankai were selected by my late husband Taiji Kase, which guaranties their devotion and determination to preserve and further develop the authentic idea and genuine approach to Shotokan Ryu Karate-Do developed by him.

Further more the Shihanki holds the exclusive right for grading and awarding Diplomas of the Kase Ha Shotokan Ryu Karate-Do.

Athens, June 4 2005

Mrs. Chieko Kase

C. Kase