

KASE HA SHOTOKAN RYU KARATE DO - ACADEMY

DAN - GRADING SYLLABUS

This syllabus has been studied for 15 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 leading teaching of the late Shihan Taiji Kase. The co-ordination from several ideas and opinions finally concluded to this grading and profiling syllabus from the KSK - Academy. The Syllabus was approved by the late Shihan Kase Taiji.

KSK-Academy, the Shihan-Kai is officially recognised by Mrs. Kase Chieko, as the legitimate representative to continue, develop and promote the work of the late Shihan Kase Taiji.

Members of Shihan-Kai / Grading Examiners

Shihan Kase Taiji

Shihan Lecourt Pascal

Shihan Heene Dirk

Shihan Martin Jim



Shihan Petrella Pascal

Shihan Dimitrijevic Velibor

Shihan Fedyk Michaylo

29th September 2002
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April 2014
23th July 2014

PRINCIPALS

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

Some aspects of higher karate level can not be clearly recognized and graded by outer means. After technique has been mastered it becomes a tool in further search.

Specific breathing, concentration and visualization are crucial means in mind's development. The system of Ibuki breathing leads to a higher spiritual level and to the finest 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 an extremely strong and effective defensive system is involved. 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, as well as to insure ultimate stability and body control.

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

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

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

Unique treatment of KATA, including four execution directions (omote, ura, go, ura-go) and 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 way of Karate-Do.

General Remarks

- From 1st to 3rd Dan one must produce the grading application form signed by a member of the academy with a higher grade at the day of examination.
- From 3rd Dan and above one has to send the dan grade application form via email to the KSKA Secretary a minimum of 6 months prior to the grading date. secretary@sk-academy.org
- 5th Dan and above gradings are exclusively held at the Gasshukus.
- 1st to 3rd Dan gradings can be undertaken by one member of the Shihankai.
- 4th Dan gradings must be undertaken by a minimum of 2 members of the Shihankai (Exceptions can be made in special occasions).
- Members who are presenting themselves for 4th Dan and above must regularly participate at Gasshukus organised by the KSKA.
- New members must wait 2 years after joining the KSKA until they present themselves for a grading.
- Minimum waiting times for the next grading are as stated in the syllabus. Remember: The minimum waiting time is only for Karateka who have reached an exceptional high technical and mental level.

SHODAN EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Minimum one year continuous training after 1st Kyu grading
- Presentation by a club instructor (or mentor)
- Knowledge and understanding about the goals of Kase Ha Shotokan Ryu Karate Do- Academy and KARATE NO MICHU
- Strong kime, fast techniques (speed), stability and strong fighting spirit
- The examiner is free to determine some part of the kihon combinations on the moment of the examination, so that the candidate shows his knowledge and the capacity to adapt himself to the examiners proposal
- Main position is FUDO DACHI, for the 1st Dan, Zenkustu-dachi can be used as well

KIHON OBLIGATORY

Before the KIHON program: **TEN-NO-KATA**

Closed Hand Kihon

Hanmi Dachi

Uke waza: 8 closed hands blocks
*Eight basic blocking skills with closed hands.
Emphasize final kime and next kamae preparation*

Jodan: Age Uke//Soto Uke//Tate Uke//
Chudan: Soto Uke//Uchi Uke//Otoshi Uke//
Gedan: Gedan Barai//Nagashi Uke

Perform each block with a counter technique
(Hen-te or Sei-te): Tsuki, Haito or Uchi

fw Yori-Ashi Kisami Tsuki / Kae-Ashi Oi-Tsuki / Tsugi-Ashi Gyaku-Tsuki / Yori-Ashi Uraken Uchi

A CHOICE OF

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

OBLIGATORY

bw KK Shuto-Uke // Kisami-Mae-Geri / ZK Gyaku-Nukite/
fw ZK Yori-Ashi Shuto-Uchi / Kae-Ashi-Shuto-Ganmen¹-Uchi / Gyaku-Haito

Shiho Tsuki: Gyaku-Tsuki in 4 directions

Shiho Geri: Mae-Geri // Yoko-Geri // Ushiro-Geri // Mawashi-Geri

Shodan

¹ Strait from to top to the head

KATA

TOKUI KATA

A choice between: **Bassai Dai**
Kanku Dai
Jion

SHITEI KATA

Heian 1-5 + Tekki Shodan (omote + ura)

KUMITE

Jyu Ippon Kumite

Tori: 4 attacks: 2 Tsuki
2 Geri

Uke: A choice of GO-NO-SEN combinations out of
KIHON Closed hand programm

Jyu Kumite

One or more rounds from 3 minutes free fighting.

Showing:

Defensive and offensive skills
Fighting spirit
Speed and power
Control and respectfull behaviour

Shodan

N I D A N

EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- **Minimum two years of continuous training after Shodan grading**
- **Ability of coordination from different hand and leg techniques in both attacking and defence**
- **The examiner is free to determine some part of the kihon combinations on the moment of the examination, so that the candidate shows his knowledge and the capacity to adapt himself to the examiners proposal**
- **Clear understanding of open hand techniques**
- **Ability of side moving and tai sabaki**
- **The use of gyaku uraken in GO-NO-SEN and SEN-NO-SEN**
- **Being presented by a senior instructor of KSK-Academy**

KIHON

OBLIGATORY

Open Hand Kihon

Hanmi Dachi

Uke waza: open hand blocks
Eight basic blocking skills with open hands
Emphasize final kime and next kamae preparation

Jodan: Shuto-Barai, Teisho-Uke
Chudan: Teisho-Uke, Tate-Uke, Tekubi-Uke, Otoshi-Uke
Gedan: Shuto-Barai, Nagashi-Uke

Each block followed by an open hand counter attack (hen-te or sei-te).

Tsuki waza

FD Kae-Ashi Jodan Oi-Tsuki // Hen-te Tate-Tsuki Chudan // Hent-te Kisami-Tsuki Jodan / Tsugi-Ashi Gyaku-Tate-Tsuki Chudan // Hen-te Gyaku-Tsuki Jodan // Hen-te Gyaku-Ura-Tsuki Chudan

Gyaku-Uraken-Uchi Tsugi-Ashi Gyaku-Uraken (45°) + Tai Sabaki
 Kae-Ashi Gyaku-Uraken (45°) + Tai Sabaki

Okuri-Ashi Geri-Waza Okuri-Ashi Mae-Geri / Okuri-Ashi Yoko-Geri / Okuri-Ashi Mawashi-Geri / Okuri-Ashi Ushiro-Geri.

A CHOICE OF

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

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

bw Yori-Ashi Gedan-Barai // Uchi-Ude_Uke // Kisami-Tsuki / Gyaku-Tsuki / fw Mae-Ashi Ashi-Barai / Ushiro-Geri / Uraken-Uchi / Gyaku Shuto-Ganmen-Uchi

OBLIGATORY

Shiho-Uke

Blocking in 4 directions, each block followed by a combination of counter attacks and attacks.

Nidan

KATA

Obligatory

HEIAN OYO

Applications of 4 parts from the kata

TOKUI KATA

A choice between: **Hangetsu**
 Jitte
 Enpi

3 Bunkai chosen by examiner

SHITEI KATA

Bassai Dai, Jion, Kanku Dai, Tekki Nidan

KUMITE

Jyu Ippon Kumite

Tori: **4 attacks:** **2 Tsuki**
 2 Geri

Uke: **(from Open Hand Kihon)**

Use of open hands, Gyaku Uraken Uchi and Geri Waza as a counter attack, combined with Tai Sabaki and side moving.

Jyu Kumite

2 x 2 minutes of free fighting exposing combination skills both in defence and attack.

Nidan

S A N D A N

EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- **Minimum three years of continuous practice after Nidan grading**
- **The examiner is free to determine some part of the kihon combinations on the moment of the examination, so that the candidate shows his knowledge and the capacity to adapt himself to the examiners proposal**
- **Being able to explain and instruct the techniques and skills performed in the KSK-Academy (PEDAGOGICAL, METHODICAL, SYSTEMATIC ABILITY)**
- **Presented by a senior instructor or mentor from the KSK-Academy**
- **Active participation at, at least three seminars lead by memebtrs of the Shihan-Kai or other KSK-Academy instructors.**
- **Deeper study on Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon,...)**

KIHON

- Kamae**
- a) **From 3 different kamae:** Basic blocks and counters with closed fists (Uke Waza) combinations
 - b) **From 3 different kamae:** Basic attacking combinations (Seme Waza)
- Uke Waza**
- a) **A combination of 2 closed hand blocks and double counter attacks with the Hen-te, Sei-te principals.**
 - b) **A combination of 2 open hand blocks and double open hand counter attacks with the Hen-te, Sei-te principals**
- Seme Waza**
- Three combinations of 3 to 5 attacks using Tsuki, Uchi, Geri, side moving (Naname) in a continuous follow up with kime, speed, stability and coordination**
- E.g.: Tsugi-Ashi Mae Ashi Mae Geri; Tsugi-Ashi diagonal Gyaku Uraken; Kae Ashi Gyaku Uraken; Tsugi-Ashi Ura Mawashi Geri; Uraken Uchi; Gyaku Tsuki**

KATA

TOKUI KATA

A choice between:

- Kanku Sho**
- Bassai Sho**
- Gankaku**
- Nijushiho**
- Sochin**

+ Ura

+ 3 Bunkai chosen by the examiner

SHITEI KATA

Tekki Sandan, Bassai Dai, Kanku Dai, Enpi

KUMITE

Jyu Ippon Kumite

Double attack – double blocking

3 attacks in double combination

e.g.: Oi Tsuki Jodan followed by Gyaku Tsuki Chudan

Double blocking (closed, open, or mixed hand position) and combined counter attacks

Jyu Kumite

3 X 3 minutes

Emphasis: showing maturity in presentation, application and attitude

YONDAN & ABOVE EXAMINATION PROGRAM

GENERAL ITEMS AND REMARKS

- Yondan, minimum four years of continuous practice after the last grading
- Godan, minimum five years of continuous practice after the last grading
- Rokudan, minimum six years of continuous practice after last grading
- Nanadan, minimum seven years of continuous practice after last grading
- Examinors are free to determine parts of the kihon combinations on the moment of the examination, where the candidate must be able to demonstrate their knowledge of the principles and the capacity to adapt themselves to the examiners proposal
- From 3rd Dan and above the candidate must send their Dan grade application form via email to the KSKA Secretary a minimum of 6 months prior to the grading date:
secretary@ksk-academy.org
- Prior to the date of the grading, applicants for 4th Dan and above must present their intended program to a member of the KSKA Shihankai for conformation
- For candidates wishing to take 5th Dan and above, their proposal is required to have the signature of one member of the Shihankai. The Shihankai member is responsible not only for the assessment of the level of the applicant, but also about the maturity and appropriate timing between the gradings
- Applications for 6th Dan and above must be presented to the Shihankai a minimum of one Gasshuku prior to the date of the intended grading
- Proposal of a candidate with an excellent level of Kase-Ha karate to jump one dan grade must be presented to the Shihankai for approval a minimum of one Gasshuku before the date of the intended grading
- All candidates, no matter what age must do an examination. Exceptions must be discussed amongst the Shihankai one Gasshuku before the date of the intended grading
- The candidate must be able to explain and instruct the techniques and skills performed in the KSK-Academy (PEDAGOGICAL, METHODICAL, SYSTEMATIC ABILITY)
- The candidate must maintain active participation at Gasshukus and seminars instructed by the KSKA Shihankai members
- Candidates must continue with their deeper study of Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon,...)

Yondan and above

Respiration Technique

The candidate should be able to demonstrate different respiration techniques.

Kihon

Demonstrate three combinations each containing several techniques, applying the principles of Shotokan Ryu Kase Ha. Including moving skills in controlling defensive and offensive actions. The combinations should work with a partner and has to be presented with a partner.

Tokui Technique

Please prepare e.g. one technique or a principle (e.g. Go-No-Sen) which you think you are able to perform best (blocking, striking, kicking, open hand closed hand, tai sabaki, kata-bunkai etc.)

Show exercises how to improve this technique or principle. The candidate should be able to demonstrate the technique, the principle or kata bunkai with a partner.

Demonstrate a deeper understanding of the technique you like to discuss from a teachers point of view.

You should be able to show your tokui technique in jiyu kumite effectively and convincingly.

Kata

Tokui Kata

Kata of your own choice, which has not been performed at former gradings

+ Ura

+ Bunkai chosen by the examiner

SHITEI KATA

+ All Katas from Shodan to Sandan program

+ Ura

Yondan and above

Kumite

- **Show application of your kihon program or Kata Bunkai**
- **Jiyu kumite**

NOTE

- All the examinations will take place under the supervision of a member of the Shihankai, or a jury with at least one member of the Shihankai present. In special cases the Shihankai can also appoint examiners which may not be a member of the Shihankai

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

Yondan and above

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