

IJKA Pensum
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Beginner - 9 Kyu.

Basic Techniques (Kihon Wasa).

1. Shizentai, Choku Tsuki Chudan - (10).

Natural stance, straight punch to stomach. 10 times.

2. Hidari Gedan barai, Oi tsuki chudan (3) - Mawate.

Left downward block, stepping punch to stomach (3 times). Turn.

3. Age uke Jodan (3) - Mawate.

Rising head block (3 times). Turn.

4. Chudan Uchi ude uke (3) - Mawate.

Inside forearm block to stomach (3 times). Turn.

5. Mae geri Jodan (3) - Mawate.

Step forward, front snap kick to face level (3 times). Turn.

6. Mae geri Chudan (3) - Mawate.

Step forward, front snap kick to stomach (3 times). Turn.

Sparring Techniques (Kumite Wasa).

Tanren Kumite.

Gohon Kumite: Jodan / Chudan / Mae geri.

5 step pre-set sparring, face and stomach punch, front snap kick.

Formal Exercise (Kata).

Heian Shodan.

9 – 8 Kyu.

Basic Techniques (Kihon Wasa).

1. Shizentai, Choku Tsuki Chudan, (10).

Natural stance, straight punch to stomach. 10 times.

2. Hidari Gedan barai, Oi tsuki chudan (5) - Mawate.

Left downward block, stepping punch to stomach (5 times). Turn.

3. Age uke Jodan (5) - Mawate.

Rising head block (5 times). Turn.

4. Chudan Uchi Ude Uke (5) – Mawate

Inside forearm block to stomach (5 times) Turn.

5. Mae geri Jodan (5) - Mawate.

Step forward, front snap kick to face level (5 times). Turn.

6. Mae geri Chudan (5) - Mawate.

Step forward, front snap kick to stomach (5 times). Turn.

7. Kiba dachi, Yoko geri Kekomi (5).

Straddle leg stance, side thrust kick (5 times).

Sparring Techniques (Kumite Wasa).

Tanren Kumite.

Gohon Kumite: Jodan/Chudan/ Mae geri.

5 step pre-set sparring, face and stomach punch, front snap kick.

Formal Exercise (Kata).

Heian Shodan.

8 – 7 Kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, Choku tsuki Chudan (10).

Straddle leg stance, straight punch to stomach. 10 times.

2. Hidari Gedan barai, Sanbon tsuki (Jodan, Chudan, Chudan) (3).

Left downward block, trippel punch (face, stomach, stomach) (3 times).

3. Age uke Jodan (3).

Rising head block (3 times).

4. Soto ude uke Chudan, Gyaku tsuki Chudan (5) - Mawate.

Outside forearm stomach block, reverse punch (5 times). Turn.

5. Uchi ude uke Chudan, Gyaku tsuki Chudan (5) - Mawate.

Inside forearm stomach block, reverse punch (5 times). Turn.

6. Mae geri Jodan, Oi tsuki Chudan (5) - Mawate.

Front snap kick - face level, lunge punch - stomach level (5 times). Turn.

7. Mae geri jodan, Mawashi geri Chudan (5) - Mawate.

Front snap kick - face level, roundhouse kick - stomach level (5 times). Turn.

8. Kiba dachi, Yoko geri Kekomi (2) - Mawate, Mo ichi do.

Straddle leg stance, side thrust kick (2 times). Turn. Repeat.

9. Kiba dachi, Yoko geri Keage (2) - Mawate, Mo ichi do.

Straddle leg stance, side snap (2 times). Turn. Repeat.

Sparring Techniques (Kumite Wasa).

Kumite, Kiba dachi - Yoko. Jodan / Chudan.

Sparring exercise using side stepping in straddle leg stance.

Face / stomach levels, (line up like 5 step and attack 3 or 5 times, then side step into Kiba dachi and attack, side step and attack, then half step and attack, slide attack, half step attack and the opponent counters here.

Opposite side attacks. Jodan and Chudan as in 5 step).

Formal Exercise (Kata).

Heian Shodan and Heian Nidan.

7 – 6 kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, Sanbon choku tsuki Jodan, Chudan, Chudan (10).

Straddle leg stance, triple straight punch to
- face, stomach, stomach levels. 10 times.

2. Hidari Gedan barai, Sanbon tsuki (3 or 5).

Left downward block, trippel lunge punch (3 or 5 times).

3. Age uke Jodan, Gyaku tsuki Chudan (3).

Step back rising head block, reverse punch (3 times).

4. Soto ude uke (Zenkutsu dachi), Yoko empi uchi (Kiba dachi) (5).

Outside forearm stomach block, side elbow strike (5 times).

5. Uchi ude uke Chudan, Kizami tsuki Jodan, Gyaku tsuki Chudan (5).

Stepping back, inside forearm stomach block, jabbing punch - face level,
reverse punch - stomach level (5 times)..

6. Kokutsu dachi, Shuto uke. Zenkutsu dachi, Nukite uchi (5).

Back stance - knife hand block, front stance - spearhand strike (5 times).

7. Gedan barai, Gyaku tsuki Chudan (5).

Stepping back downward block, reverse punch stomach level (5 times).

8. Mae geri, Ren tsuki Jodan, Chudan (5) Mawate.

Front snap kick, double punch face, stomach levels (5 times). Turn.

9. Yoko geri Keage, Yoko geri Kekomi, Mawashi geri Chudan (3).

Mawate Mo ichi do.

Side snap kick, side thrust kick, roundhouse kick, all stomach level,
3 times there and back.

Sparring Techniques (Kumite Wasa).

Sanbon Kumite, Jodan, Chudan, Mae geri (Hidari/ Migi).

1. Three step sparring exercise. Face & stomach punches,
front snap kick (left & right attacking).

2. Three attacks Jodan & Chudan (left & right).

Formal Exercise (Kata).

Heian Nidan and Heian Sandan

6 – 5 Kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, Sanbon choku tsuki Jodan, Chudan, Chudan (10).

Straddle leg stance, triple straight punch
- face, stomach, stomach levels. 10 times.

2. Sanbon tsuki (3) - Jodan, Chudan, Chudan.

Stepping triple punch (3 times) - face, stomach, stomach.

3. Age uke, Mae geri. Gyaku tsuki (3).

Step back rising head block, front snap kick, reverse punch (3 times).

4. Soto ude uke Chudan, Shuto uchi, Gyaku tsuki (5) – Mawate.

Outside forearm stomach block, knifehand strike,
reverse punch (5 times) - Turn.

5. Uchi ude uke. Gyaku tsuki, Ninon ken Uchi Jodan (5) - Mawate.

Stepping back, inside forearm stomach block, reverse punch,
two finger strike to eye level (5 times) -Turn.

6. Kokutsu dachi, Shuto uke, Kizami Mae geri. Nukite Chudan (5).

Step back, back stance - knifehand block, front leg Mae geri,
spearhand strike stomach level (5 times).

7. Mae geri, Mae ren geri (Chudan, Jodan) (3). Mawate.

Mo ichi do, Shikashi Jodan, Chudan keri wasa.

Front snap kick (with back leg), double kick (stomach, face level) (3 times).
Turn. Same again but face and stomach level.

8. Yoko geri Keage, Yoko geri Kekomi, Mawashi geri Chudan (3).

Side snap kick, side thrust kick, roundhouse kick,
all stomach level (3 times).

Sparring Techniques (Kumite Wasa).

Yaksoku Kumite:

Kihon Ippon Kumite (Hidari & Migi).

Pre-announced basic one step sparring (left & right).

Formal Exercise (Kata).

Heian Sandan & Heian Yondan

Junro Shodan

5 – 4 Kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, Sanbon Choku tsuki (Jodan, Chudan, Chudan).

Ushiro zenkutsu dachi, Gyaku tsuki Chudan,

Kizami nihon Nukite Jodan (3). Mawate.

Straddle leg stance, triple punch (face, stomach, stomach),
step back into front stance, reverse punch,
2 finger strike to eye level (3 times). Turn.

2. Gedan Barai, Sanbon tsuki, Mae geri, Gyaku tsuki (3). Mawate.

Downward block, step forward triple punch, same place front snap kick,
reverse punch (3 times). Turn.

3. Soto ude uke (Zenkutsu dachi), Yoko empi uchi (Kiba dachi),

Uraken uchi, Gyaku tsuki (Zenkutsu dachi) (3).

Outside forearm stomach block (front stance),
side elbow strike (straddle leg stance), back knuckle strike,
reverse punch (front stance) (3 times).

4. Gedan barai, Uchi ude uke, Mawashi geri, Gyaku tsuki (3).

Step back downward block, inside forearm block, roundhouse kick,
reverse punch (3 times).

5. Shuto uke, Yoko geri Kekomi, Gyaku tsuki Chudan (3). Mawate.

Knifehand block (Keep hand), side thrust kick, reverse punch. Turn.

6. Hidari Gedan barai, Mae geri Chudan/ Jodan,

Jodan/Chudan tsuki (3) - Mawate.

Left downward block, front snap kick stomach/ head level,
face/ stomach level punch (3 times) – Turn

7. Kiba dachi, Yoko geri Keage & Yoko geri Kekomi (3).

Straddle leg stance, side snap kick & side thrust kick (3 times).

Sparring Techniques (Kumite Wasa).

Yaksoku Kumite:

Kihon ipcon Kumite (Jodan. Chudan, Mae geri, Yoko geri Kekomi).

Pre-arranged one step basic sparring techniques

(face & stomach punches, front snap kick, side thrust kick).

5 – 4 Kyu (continued):

Formal Exercise (Kata).

Heian Yondan & Heian Godan.

Junro Nidan

4 – 3 Kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, Sanbon tsuki (Jodan/Chudan/Chudan) Zori ashi, Empi uchi (Hidari&Migi) (5).

Straddle leg stance, tripple punch (face/stomach/stomach)
slide elbow strike (Left & right) (5 times).

2. Jiyu dachi, Kizami tsuki Jodan, Ren tsuki (5) - Mawate.

Freestyle stance, jabbing punch, stepping double punch (5 times) - Turn.

3. Zenkutsu dachi. Soto ude uke Chudan, Gyaku Chudan Mawashi Empi uchi, (Jodan Tate Empi uchi), (Kiba dachi), Yoko Empi uchi (5) - Mawate.

Front stance, outside forearm block, reverse roundhouse elbow strike, vertical elbow strike to face, straddle stance, side elbow strike (5 times) - Turn.

4. Uchi ude uke Chudan. Gyaku uchi ude uke Chudan, Kizami tsuki Jodan (5) - Mawate.

Inside forearm block, reverse inside forearm block, jabbing punch to face level (5 times) -Turn.

5. Kokutsu dachi, Shuto uke, Zenkutsu dachi, Gedan barai, Gyaku tsuki (5) - Mawate.

Back stance, knifehand block, front stance, downward block, reverse punch (5 times) - Turn.

6. Hidari Gedan barai, Mae geri Jodan, Yoko geri Kekomi Chudan, Gyaku tsuki Chudan (3)

Downward block, front snap kick to face level.
side thrust kick to stomach level, reverse punch (3 times up & back)

7. Yoko geri Keage, Mawashi geri Chudan, Kiba dachi (3) - Mawate.

Side snap kick, roundhouse kick to stomach level,
land in straddle leg stance (3 times) - Turn.

Sparring Techniques (Kumite Wasa).

Yaksoku Jiyu Kumite:

Jiyu Ippon Kumite (Jodan, Chudan, Mae geri (Hidari/Migi)).
Pre-arranged one-step semi-free sparring techniques - face.
Stomach level punches, front snap kick (left & right).

4 – 3 Kyu (continued):

Okuri Jiyu Ippon Kumite.

Attack forward & opponent blocks with a counter attack.

Then the other person does same attack while opponent blocks with counter attack.

Formal Exercise (Kata).

Heian Godan & Tekki Shodan.

Junro Sandan

3 – 2 Kyu:

Basic Techniques (Kihon Wasa).

1. Kiba dachi, sanbon tsuki, Zori Ashi, Choku tsuki. Zori ashi, Choku tsuki (5) (Hidari & Migi).

Straddle leg stance, triple punch, sliding stance, square punch, sliding stance (back), Square punch (5 times left & right sides).

2. Jiyu dachi, Gyaku tsuki Chudan, Kizami tsuki Jodan, Oi tsuki Chudan, Age uke Jodan, Kizami Mae geri, Gedan barai, Gyaku tsuki Chudan (3) - Mawate.

Freestyle stance, reverse punch to stomach level, same place jabbing punch to face level, stepping punch to stomach level
step back rising head block, front leg snap kick, downward block, reverse punch (3 times) - Turn.

3. Soto ude uke, Shuto uchi, Chudan Mawashi empi, Shuto uchi, Jun tsuki (3) - Turn.

Outside forearm block, same hand knifehand strike, roundhouse elbow strike to stomach level, same hand knifehand strike, lunge punch (Body square) (3 times) - Turn

4. Gedan barai, Uchi ude uke. Shuto uke, Gedan barai. Gyaku tsuki, Mawate to mo ichi do (3).

Downward block, step forward inside forearm block, step back knifehand block, forwards downward block, reverse punch on the spot. Turn. Repeat 3 times.

5. Maegeri, Mawashi geri, Gyaku tsuki Chudan (3) - Mawate.

To Mo ichi Do (3).

Front snap kick, roundhouse kick, reverse punch (3 times) - Turn. Repeat.

6. Yoko geri Kekomi, Mae geri, Oi tsuki (3) - Mawate.

To Mo ichi Do (3).

Side thrust kick, front snap kick, land lunge punch (3 turns & repeat).

3 – 2 Kyu (continued):

Sparring Techniques (Kumite Wasa).

Yakusoku Jiyu Kumite:

Jiyu Ippon Kumite.

Pre-arranged one step semi-free sparring techniques.

Jodan, Chudan tsuki, Mae geri. Yoko geri Kekorni,

Mawashi geri, (Hidari/ Migi).

Face, stomach level punches, front snap kick, side thrust kick, roundhouse kick (left & right).

Okuri Jiyu Ippon Kumite.

After counter attack, make 1 more attack to opponent.

Formal Exercise (Kata).

Bassai-dai & Tekki Shodan.

Junro Yondan

2 – 1 Kyu:

Basic Techniques (Kihon Wasa).

1. Shi-Ho Gyaku tsuki (2 x 8 Tsuki).

Four directional reverse punches (2 x 8).

2. Jiyu dachi, Kizami tsuki Jodan, Uraken uchi Jodan, Tettsui uchi, Gyaku tsuki Chudan.

Freestyle stance, jabbing punch (hips back), step forward back knuckle strike (hips snap back to front), hammer fist strike (hips back), reverse punch, (last 3 techniques on the spot. After back knuckle, body moves to parallel position, then hammer fist strike is delivered in half front facing position before returning to parallel position for reverse punch.

3. Age uke. Kizami Mae geri, Gyaku tsuki, Mae geri, Kizami tsuki (3) - Mawate.

Step back rising head block, front leg snap kick, reverse punch, back leg front snap kick, jabbing punch (3 times) - Turn.

4. Gedan barai, Soto ude uke, Mawashi empi uchi Chudan, Tate empi uchi Jodan, Yoko empi uchi (Kiba dachi), Otshi empi uchi (Fudo dachi).

Downward block, outside forearm block, roundhouse elbow strike to stomach level, vertical elbow strike to face level, side elbow strike in straddle leg stance, downward elbow strike delivered in rooted stance.

5. Kokutsu dachi, Shuto uke, Kizami Mae geri, Mae geri, Gyaku tsuki.

Step forward back stance, knifehand block, front leg snap kick, back leg snap kick, reverse punch.

6. Mae geri, Yoko geri Kekomi, Mawashi geri (3).

Front snap kick, side thrust kick, roundhouse kick (3 times).

7. Yoko geri Keage, Ushiro geri (Kiba dachi).

Side snap kick, spinning back thrust kick landing in straddle leg stance (keep hip & body back from spinning back thrust kick then turn On point of landing.

2 – 1 Kyu (continued):

Sparring Techniques (Kumite Wasa).

Hyoteki Kumite Wasa:

Jodan /Chudan tsuki, Sundome No kine Wasa (5 Hidari & Migi).
Target training, head & stomach level punches,
stepping in with control 6 focussed technique. (5 left & right).

Jiyu Ippon Kumite:

Jodan/Chudan, Mae geri. Yoko geri Kekomi, Mawashi geri,
Ushiro geri (Hidari & Migi).
Pre-arranged 1 step semi-free sparring techniques
face/ stomach level punches. front snap kick, side thrust kick,
roundhouse kick, spinning back thrust kick (left & right).

Formal Exercise (Kata).

Bassai-dai & Jion.
Junro Godan

1 Kyu – Shodan:

Basic Techniques (Kihon Wasa).

1. Shi-Ho Gyaku tsuki Chudan.

4 directional reverse punch.

2. Heisoku dachi, Gyaku tsuki Chudan (Zenkutsu dachi), Kotai, Gyaku tsuki Chudan, Heisoku dachi, Hidari Ni Suzukete, Heisoku dachi, Migi Ni Suzukete, Heisoku dachi, Ushiro Ni Suzukete, Shomen Heisoku dachi, Hantai Ushiro Ni Suzukete, Shomen Heisoku dachi.

Informal attention stance (feet together), step forward with left leg reverse punch, back to starting point, change legs & punch with opposite hand, back to original point, step to left side with reverse punch, return to original position, step to right side with reverse punch, return to original position, step to rear & punch (right) reverse punch. Return to original position, step to rear on opposite leg, return to original position (3 starting with each foot).

3. Hidari Gedan barai, Age uke Jodan, Gyaku tsuki Chudan, Kiba dachi, Yoko empi uchi. Kokutsu dachi, Shuto uke, Zenkutsu dachi, Gyaku tsuki Chudan (3) - Mawate.

Left downward block, step forward rising head block, reverse punch, on the spot change to straddle leg stance while executing side elbow strike, then change to back stance while executing knifehand block, then shift to front stance delivering reverse punch to stomach level 3 starting left & 3 right) - Turn.

4. Gedan barai, Mae geri, Mawashi geri, Ushiro geri (Zenkutsu dachi) (2). Mawate.

Downward block, front snap kick, roundhouse kick spinning back thrust kick landing in front stance (2 up & back) Turn.

5. Kiba dachi, Yoko geri Keage, Yoko geri Kekomi (2) - Mawate.

Straddle leg stance, side snap kick, side thrust kick (changing legs with each kick) (2 up & back).

6. Zenkutsu dachi Gamae. Mae geri. Yoko geri Kekomi, Ushiro geri. Mawashi geri

On the spot, front snap kick, side kick, back kick, roundhouse kick (3 each leg).

1 Kyu – Shodan (continued):

Sparring Techniques (Kumite Wasa).

Hyoteki Kumite Wasa:

Target training.

Tori: - Jodan Oi tsuki.

Uke: - Chudan Oi tsuki. Zori Achi Gyaku tsuki. 45° Hanbun Gyaku tsuki (3 Hidari & Migi).

Attacker delivers stepping punch to face level throughout.

Defender delivers stepping punch to stomach level, break, slide reverse punch, step back Break 45°, half step in reverse punch (3 times both left & right sides).

Jiyu Ippon Kumite:

Semi free 1 step pre-arranged sparring.

Jodan/Chudan tsuki, Mae geri. Yoke geri Kekorni.

Mawashi geri, Ushiro geri (Hidari & Migi).

Face/ stomach level punches, front snap kick, side thrust kick, roundhouse kick, spinning back thrust kick (left & right).

Formal Exercise (Kata).

Sentai Kata (Free choice):

Bassai-dai, Jion, Empi, Kanku-dai, Hangetsu, Tekki Nidan.

Shitei Kata (Compulsory):

Bassai-dai, Jion, Empi, Kanku-dai. Hangetsu. Tekki Nidan. + 1 Heian Kata.

Junro Shodan - Godan