



**Student Curriculum**  
**Kyu (Color belt ranks)**



# Values

We follow the ***Shotokan*** code of conduct, and expect *respect, courtesy, and integrity* of ourselves and of our students in class. **MSMA reserves the right to remove any student from class if the student's behavior is disruptive or harmful to others.**

**STRIVE FOR PERFECTION OF CHARACTER  
BE SINCERE IN ALL YOU DO  
ALWAYS ENDEAVOR TO DO YOUR BEST  
RESPECT OTHERS  
REFRAIN FROM INAPPROPRIATE BEHAVIOR**

We believe the power of martial arts training to positively influence one's life outside the dojo as well as inside it; the cultivation of character is more important to us than simply developing physical skill.

**DO ALL THE GOOD YOU CAN,  
BY ALL THE MEANS YOU CAN,  
IN ALL THE WAYS YOU CAN,  
IN ALL THE PLACES YOU CAN,  
AT ALL THE TIMES YOU CAN,  
TO ALL THE PEOPLE YOU CAN,  
AS LONG AS EVER YOU CAN.**

# History

## I. Chung Do Kwan Tae Kwon Do (Korea)

Chung Do Kwan Tae Kwon Do was founded by Wong Kuk Lee (1907 - 2002) in the 1940's as the Chung Do Kwan (School of the Blue Wave) style of Tang Soo Do (China hand style). Master Lee learned Shotokan Karate from master and founder Gichin Funakoshi while studying in Japan and brought the art back to Korea to teach to his fellow countrymen. Lee retired from teaching in 1950 and was succeeded by Duk Sung Son (1922 - 2011), who had been training under Lee since the opening of Lee's first school in 1944. Master Son continued working to spread the Chung Do Kwan school's influence, and during the 1950's held the position of chief instructor of the South Korean Army. Master Son held a meeting with several Chung Do Kwan school leaders to choose a name to unify Korean martial arts under a single banner; through this meeting, the name Tae Kwon Do was chosen. In 1963, he moved to the USA where he continued teaching Tae Kwon Do. There, he founded the Tae Han Karate Association which later became the World Tae Kwon Do Association (WTA). The Chung Do Kwan style of Tae Kwon Do is characterized by solid stances and fundamentals, as well as a focus on speed and power when performing kata. Tae Kwon Do consists primarily of strikes.



Duk Sung Son

## II. Shotokan Karate (Japan)

Shotokan (House of Shoto) is perhaps the most popular style of Karate, and was founded by Gichin Funakoshi (1868 - 1957) in the early 20<sup>th</sup> century. Master Funakoshi began his martial studies in the late 1800's by learning Jigen Ryū, and also trained in the Shōrei Ryū and Shōrin Ryū styles. Over time, he started teaching and by the 1910's had many students. In order to spread his Okinawan Karate, he made several trips to Japan and eventually settled in Tōkyō. In 1930, Funakoshi created the Dai-Nihon Karate-do Kenkyukai association to promote camaraderie and the sharing of knowledge between Karate practitioners; the association is known today as Shotokai. Funakoshi's students established the Japan Karate Association (JKA) in 1949, which formalized his teachings and shaped modern Shotokan Karate. Shotokan Karate is characterized by deep, long stances and a fluid style at advanced levels which sometimes resembles Aikidō. Shotokan Karate consists of strikes, throws, and some grappling.



Gichin Funakoshi

# History (cont'd)

## III. Shōrin Ryū Karate (Okinawa)

Shōrin Ryū (Pine Forest School) Karate is one of the oldest Okinawan martial arts, and can be traced back to the 17<sup>th</sup> century. Known as Shuri-Te until the early 1900's, Shōrin Ryū is a fluid style with roots ultimately tracing back to the Shaolin Temple in China in the 6<sup>th</sup> century. Okinawan martial arts developed as city-based styles, the most prominent being Shuri, Naha, and Tomari. Takahara Peichin (1683 - 1760) is commonly known as the "Father of Okinawan Karate", and was the first to express the principles of Shuri-Te as a philosophical way of life as well as a fighting system. Shuri-Te was developed over the years and eventually introduced into Okinawan schools in 1901 by Ankō Itosu (1830 - 1915). Gichin Funakoshi was among Itosu's students. In 1933, Shuri-Te was renamed to Shōrin Ryū by Chosin Chibana (1885 - 1969), another of Itosu's students. Shōrin Ryū Karate is characterized by relatively high, natural stances and circular movements. Shōrin Ryū consists of strikes, throws, and some grappling.



Ankō Itosu

# Sparring

At MSMA, sparring is a key element of our curriculum. Sparring teaches students how to keep cool under pressure and how to handle unexpected circumstances. As students progress, we gradually introduce light contact as a body conditioning method. Since safety is paramount, we require students to wear safety equipment while sparring.

**IMPORTANT:** Students can opt out of contact sparring on an individual basis. If you are uncomfortable participating in contact sparring, please speak with an instructor.

## Rules

Rank	Contact	Targets & Techniques	Equipment
<b>Yellow</b>	No contact (4-6 inch gap)	<ul style="list-style-type: none"> <li>• Closed fists</li> <li>• No targets below belt</li> <li>• No contact to the head</li> <li>• No throws</li> <li>• Reset from clean hit</li> </ul>	<b>Required</b>
<b>Green</b>	No contact (1-4 inch gap)		<ul style="list-style-type: none"> <li>• Gloves (MMA style)</li> <li>• Groin cup</li> <li>• Mouth guard</li> <li>• Head gear (under 16)</li> </ul>
<b>Blue</b>	Gi touch		<b>Optional</b>
<b>Purple</b>	Light		<ul style="list-style-type: none"> <li>• Chest protector</li> <li>• Shin guards</li> <li>• Head gear (over 16)</li> </ul>
<b>Brown</b>			
<b>Black</b>	Light to moderate	<ul style="list-style-type: none"> <li>• Outer upper thighs permitted (round kicks only)</li> <li>• Continuous (no reset)</li> </ul>	

# **Kyu Rank Requirements**

# White Belt (6th Kyu)

Kihon	Kata & Flow Drills	Partner Drills
<b>Stances</b>	<b>Shotokan</b>	<b>1-Step</b>
Front stance	Taikyoku Shodan (Kukmu 1)	Straight punch (high)
Back stance	Taikyoku Nidan (Kukmu 2)	Knife hand (inside)
Horse stance		Kick & chop combo
<b>Strikes</b>		<b>Self Defense</b>
Straight punch		Wrist grab (single)
Knife hand (outside)		Wrist grab (double)
Knife hand (inside)		Shirt grab (double)
<b>Kicks</b>		Shove
Front kick		
Roundhouse kick		
Side kick (snap)		
Side kick (thrust)		
<b>Blocks</b>		
Rising block		
Outside block		
Inside block		
Low sweeping block		
Double block		
Double knife hand block		

## Progress Stripes (16 & under)

1. Kihon (yellow)
2. Kata (yellow)
3. Partner Drills (yellow)
4. Bunkai (yellow)
5. Candidate readiness (black)

# Yellow Belt (5th Kyu)

Kihon	Kata & Bunkai	Partner Drills
<b>Stances</b>	<b>Shotokan</b>	<b>1-Step</b>
Cat stance	Heian Shodan (Pyong-An 1)	Leopard punch
<b>Strikes</b>	Heian Nidan (Pyong-An 2)	Palm strike
Back fist		Double palm strike
Hammer fist		Front leg side kick
Leopard punch		Side step side kick
Palm strike		Roundhouse kick & hammer fist
<b>Kicks</b>		<b>Self Defense</b>
Back kick		Front choke (single)
Side kick (front stance)		Front choke (double)
<b>Ukemi</b>		Side choke (double)
Basic breakfalls		Rear choke (double)
Front roll		Rear arm grab (double)
		<b>Sparring</b>

## Progress Stripes (16 & under)

1. Kihon (green)
2. Kata (green)
3. Partner Drills (green)
4. Bunkai (green)
5. Candidate readiness (black)

# Green Belt (4th Kyu)

Kihon	Kata & Bunkai	Partner Drills
<b>Stances</b>	<b>Shotokan</b>	<b>1-Step</b>
Crane stance	Heian Sandan (Pyong-An 3)	Step behind combo
<b>Kicks</b>	Heian Yondan (Pyong-An 4)	Two-step combo
Crescent kick (inside)		Elbow combo
Crescent kick (outside)		<b>Self Defense</b>
		Headlock (bent over)
		Headlock (upright)
		Wrist grab w/ strike
		<b>Sparring</b>

## Progress Stripes (16 & under)

1. Kihon (blue)
2. Kata (blue)
3. Partner Drills (blue)
4. Bunkai (blue)
5. Candidate readiness (black)

# Blue Belt (3rd Kyu)

Kihon	Kata & Bunkai	Partner Drills
<b>Kicks</b>	<b>Shotokan</b>	<b>Self Defense</b>
Spinning side kick	Heian Godan (Pyong-An 5)	Choke w/ strike
<b>Combos</b>	Tekki Shodan (Chulgi 1)	Buck & Push (groundwork)
Elbow strikes		Buck & Roll (groundwork)
<b>Ukemi</b>		<b>Sparring</b>
Partner falls		

## Progress Stripes (16 & under)

1. Kihon (purple)
2. Kata (purple)
3. Partner Drills (purple)
4. Bunkai (purple)
5. Candidate readiness (black)

# Purple Belt (2nd Kyu)

Kihon	Kata & Bunkai	Partner Drills
<b>Stances</b>	<b>Shotokan</b>	<b>Self Defense</b>
Rooted stance	Wankan	Double leg takedown
<b>Kicks</b>	Bassai Sho	Bear hug series
Hook kick	<b>Kobudo</b>	Ground choke
<b>Ukemi</b>	Shihon Uke (Bo 1)	Ground headlock
Back roll		Arm bar from knee belly
Side roll		<b>Sparring</b>

## Progress Stripes (16 & under)

1. Kihon (brown)
2. Kata (brown)
3. Partner Drills (brown)
4. Bunkai (brown)
5. Candidate readiness (black)

# Brown Belt (1st Kyu)

Kihon	Kata & Bunkai	Partner Drills
<b>Kicks</b>	<b>Shotokan</b>	<b>1-Step</b>
Low sweep (back leg)	Bassai Dai (Pal Sek)	5 from Bassai Dai bunkai
Low sweep (front leg)	Hangetsu	<b>Self Defense</b>
<b>Body Conditioning</b>	<b>Kobudo</b>	Triangle choke from guard
Board breaking	Cho Un no Kon (Bo 2)	Arm bar from guard
		Flow drill (Maria's drill)
		<b>Sparring</b>

## Progress Stripes (16 & under)

1. Kihon (black)
2. Kata (black)
3. Partner Drills (black)
4. Bunkai (black)
5. Candidate readiness (black)

# **Japanese Terminology**

# Karate Terms & Phrases

English	Japanese	English	Japanese
<b>Basic Terms</b>		<b>Numbers</b>	
School	Dōjō	One	Ichi
Teacher / Instructor	Sensei	Two	Ni
Senior Student	Senpai	Three	San
Rank (color belt)	Kyū	Four	Shi / Yon
Rank (black belt)	Dan	Five	Go
Uniform	Gi	Six	Roku
Belt	Obi	Seven	Shichi / Nana
Yes	Hai	Eight	Hachi
Thank You	Arigatō	Nine	Kyū
Attention	Kiotsuke	Ten	Jyū
Ready	Yoi	Hundred	Hyaku / Byaku / Pyaku
Bow	Rei		
Begin / Start	Hajime		
Stop	Yame		
Basic(s)	Kihon		
Technique	Waza		
Stance	Dachi		
Form	Kata		
Application	Bunkai		
Sparring	Kumite		
Yell	Kiai		

# Karate Terms & Phrases 2

English	Japanese	English	Japanese
<b>Directions</b>		<b>Body</b>	
Front	Mae	Arm	Ude
Back	Ushiro	Back	Ushiro
Right	Mini	Chest	Mune
Left	Hidari	Elbow	Enpi
Side	Yoko	Hand	Te
Low	Gedan	Head	Atama
Middle	Chūdan	Knee	Hiza
High	Jōdan	Leg / Foot	Ashi
<b>Movements</b>		<b>Stances</b>	
Block / Receive	Uke	Back Stance	Kōkutsu Dachi
Kick	Keri / Geri	Cat Stance	Neko Ashi Dachi
Punch / Strike	Tsuki / Zuki	Crane Stance	Tsuru Ashi Dachi
Throw	Nage	Front Stance	Zenkutsu Dachi
Turn	Mawatte	Half Moon Stance	Hangetsu Dachi
		Horse Stance	Kiba Dachi
		Rooted Stance	Fudō Dachi
		Square Stance	Shiko Dachi

# Karate Terms & Phrases 3

English	Japanese	English	Japanese
<b>Strikes</b>		<b>Blocks</b>	
Back fist	Uraken	Back hand block	Haishu Uke
Elbow strike	Enpi Tsuki	Cross block	Juji Uke
Hammer fist	Tetsui	Double block	Morote Uke
Knife hand (inside)	Uchi Shuto	Double knife hand block	Morote Shuto Uke
Knife hand (outside)	Soto Shuto	High rising block	Age Uke
Leopard punch	Hiraken Tsuki	Inside block	Uchi Uke
Lunge punch	Oi Tsuki	Knife hand block	Shuto Uke
Reverse punch	Gyaku Tsuki	Low sweeping block	Gedan Barai
Side punch	Yoko Tsuki	Outside block	Soto Uke
Spear hand	Nukite	<b>Kicks</b>	
Straight punch	Choku Tsuki	Back kick	Ushiro Geri
Vertical fist punch	Tate Tsuki	Crescent kick	Mikazuki Geri
		Front kick	Mae Geri
		Hook kick	Ura Mawashi Geri
		Knee strike	Hiza Geri
		Roundhouse kick	Mawashi Geri
		Side kick	Yoko Geri