



BATTISTELLO KARATE SCHOOL CURRICULUM

BELT COLOUR	MINIMUM LESSONS	MINIMUM TIME
White 10th Kyu	25	3 MONTHS
Red 9th Kyu	25	3 MONTHS
Yellow 8th Kyu	25	3 MONTHS
Orange 7th Kyu	25	3 MONTHS
Green 6th Kyu	25	3 MONTHS
Blue 5th Kyu	25	3 MONTHS
Purple 4th Kyu	25	3 MONTHS
Brown 3rd Kyu	50	6 MONTHS
Brown 2nd Kyu	50	6 MONTHS
Brown 1st Kyu	75	9 MONTHS
Black Belt - 14 Years Old	75	1 YEAR
Black Shodan Ho	75	1 YEAR
Black Shodan	150	2 YEARS
Black Nidan	225	3 YEARS
Black Sandan	300	4 YEARS
Black Yodan	375	5 YEARS
Black Godan	450	6 YEARS

White Belt 10th Kyu

BASICS

- Understand and practice Dojo Etiquette (dojo kun)
- Straight Punch (choku-zuki)
- Palm Strike (teisho-chi)
- Hammer Strike (tettsui-uchi)
- High, Middle, Low Block (jodan-uke, chudan-uke, gedan-uke)
- On Guard Position (kamae-te)
- Step Forward Punch (oi-zuki)
- Reverse Punch (gyaku-zuki)
- Front Hand Punch (mae-ken-zuki)
- Groin Kick (kin-geri)
- Front Kick (mae-geri)

IMPACT

- Reverse Punch
- Front Hand Punch
- Front Kick

KATA

- Taikiyoko-Shodan

SELF DEFENCE

- Wrist Grabs

SPARRING

- 3 Punches & 3 Blocks in Yoi (sandan-gi)

Red Belt 9th Kyu

BASICS

- Back Fist Strike (uraken)
- Elbow Strike (empi-uchi)
- ½ Roundhouse Kick (mae-ashi-geri)
- Roundhouse Kick (mawashi-geri)
- Combinations No.1, 2, 3

IMPACT

- Elbow Strike
- Roundhouse Kick

KATA

- Pinan Shodan

SELF DEFENCE

- Hair Grabs

SPARRING

- 3 Punches & 3 Blocks in Forward Stance (sanren-zuki)
- Slow Continuous Sparring (randori)

Yellow Belt 8th Kyu

BASICS

- Knife Hand Strike (shuto-uchi)
- Knife Hand Block (shuto-uke)
- Scooping Block (sukui-uke)
- Side Kick (yoko-geri)
- Combinations No.4 to 5

IMPACT

- Back Fist Strike
- Side Kick

KATA

- Pinan Nidan

SELF DEFENCE

- Break Falling Technique
- Jacket Grabs

SPARRING

- Target Hitting
- Continuous Shuto Blocking
- Slow Continuous Sparring (randori)

Orange Belt 7th Kyu

BASICS

- Shovel Punch (ura-zuki)
- Hook Punch (kage-zuki)
- Ridge Hand Strike (heito-uchi)
- Back Kick (ushiro-geri)
- Combinations No.1 to 7

IMPACT

- Ridge Hand Strike
- Back Kick

KATA

- Pinan Sandan

SELF DEFENCE

- Head Locks

SPARRING

- Single Attack with a Foot Shuffle (yori-ashi)
- Indirect Attack with a Double Foot Shuffle (tsugi-ashi)
- Free Sparring (ju-kumite)

Green Belt 6th Kyu

BASICS

- One Leg Punch (ippon-ashi-dachi-zuki)
- Knee Strike (hiza-geri)
- Combinations No.1 to 9

IMPACT

- One Leg Punch (ippon-ashi-dachi-zuki)

KATA

- Pinan Yondan

SELF DEFENCE

- Bear Hugs

SPARRING

- Block & Counter Against various techniques
- Free Sparring (ju-kumite)

Blue Belt 5th Kyu

BASICS

- Spinning Back Kick (ushiro-geri)
- Scissor Block (juji-uke)
- Combo's No.1 to 10

IMPACT

- Spinning Back Kick

KATA

- Pinan Godan

SELF DEFENCE

- Chokes

SPARRING

- Attack by Combination
- Free Sparring (ju-kumite)

Purple Belt 4th Kyu

BASICS

- Hook Kick (ura-mawashi-geri)
- Use of the hips in techniques
- Smooth movement from one stance to another
- Combo's No.1 to 10 in Orthodox & Un-Orthodox Stance

IMPACT

- Hook Kick

KATA

- All Pinan Kata's

SELF DEFENCE

- Defence Against Grabbing

SPARRING

- Counter Attack
- Free Sparring (ju-kumite)

Brown Belt 3rd Kyu

BASICS

- Axe Kick (kakato-geri)
- Crescent Kick (mikazuki-geri)
- Foot Sweep With A Follow-Up Punch (ashi-barai)
- Proper use of pull back hand (Hikite) in blocking and punching
- Demonstration of proper timing in Kata
- Combo's No.1 to 10 + 1C & 4C

IMPACT

- Axe Kick
- Crescent Kick

KATA

- Annanko

SELF DEFENCE

- Defence from various holds attacking Vital Points

SPARRING

- Anticipation
- Free Sparring (ju-kumite)

TEACHING

- 10 Teaching Credits
- Be able to assist students in a basic class

Brown Belt 2nd Kyu

BASICS

- Spinning Hook Kick
- Spinning Crescent Kick
- Take-Down With A Follow-Up Punch
- Understanding and demonstration of focus (Kime) in techniques
- Combo's No.1 to 10 + 1C & 4C in Orthodox & Un-Orthodox Stance

IMPACT

- Spinning Hook Kick
- Spinning Crescent Kick

KATA

- Bassai-Dai

SELF DEFENCE

- Defending Against An Armed Assailant

SPARRING

- Renewed Attacks (reprise)
- Free Sparring (ju-kumite)

TEACHING

- 10 Teaching Credits
- Be able to take a component of a basic class under supervision

Brown Belt 1st Kyu

BASICS

- Demonstrate shock and penetration on impact pads in proportion to body weight
- Knowledge and application of bunkai for the Pinan Katas
- No.1 to 10 + 1C, 4C & 9B in Orthodox & Un-Orthodox Stance

IMPACT

- Multiple Targets

KATA

- Compulsory Kata: Seienchin

SELF DEFENCE

- Defence Against Surprise Attack

SPARRING

- Counter the Counter
- Ability to control techniques when Sparring with a partner
- Free Sparring (ju-kumite)

TEACHING

- 10 Teaching Credits

Black Belt Shodan-Ho

BASICS

- Demonstrate correct breathing in kata
- Demonstrate shock and penetration on impact pads in proportion to body weight
- Knowledge and application of bunkai for the Pinan Katas
- No.1 to 10 + 1C, 4C & 9B in Orthodox & Un-Orthodox Stance

IMPACT

- Multiple Targets

KATA

- Compulsory Kata: Kosokun-Shiho
- Elective Kata: Matsukaze, Saifa, Jiin

SELF DEFENCE

- Defending Against An Armed Assailant
- Joint Locks (kansetsu-waza)
- Throws (nage-waza)

SPARRING

- Sparring Multiple Opponents
- Free Sparring (ju-kumite)

TEACHING

- 15 Teaching Credits
- Be able to plan a basic class
- Be able to take a basic class under supervision

Black Shodan

BASICS

- Lack of residual movement or telegraphic movement (Muda Na Waza - no waste of technique)
- Unity of spirit, body and technique (Shin-Tai-Waza)
- Correct stability of center of gravity in movement and stance (Jushin No Antei)
- Demonstrate focus of attention (Chakugan) in kata
- Sensei Kimura's Combinations No.1 to 10A's & B's

IMPACT

- Surprise Targets

KATA

- Compulsory Kata: Chinto, Sanchin, Tensho
- Elective Kata: Rohai, Shi-Sochin

SELF DEFENCE

- Defence From A Vulnerable Position
- Attacking Vital Points
- Reversals & Escapes

SPARRING

- Non-Telegraphic Technique
- Free Sparring (ju-kumite)

TEACHING

- Teaching on a weekly basis
- Be able to take a basic class

Black Nidan

BASICS

- Must incorporate advancement in all techniques
- Understand the meaning of kata bunkai
- Sensei Kimura's 40 Combinations No.1 to 10A,B,C,D

IMPACT

- Various positions and Distances

KATA

- Compulsory Kata: Seipai, Kururunfa
- Elective Kata: Jion, Bassai-Sho, Seisan, Suparinpei

SELF DEFENCE

- Arm Locking Techniques (kansetsu-waza)
- Strangle Techniques (shime-waza)

SPARRING

- Develop Your Own Repertoire of Technique (tokui-waza)

TEACHING

- Teaching on a weekly basis to attain Sensei level
- Be able to plan and take a specialty class, eg kumite or kata
- Basic First Aid & CPR
- Bronze Level NCAS