

Amended 3rd Dan Syllabus 2015

Amendment to Kihon Section:

1. Candidate to perform Kihon Combinations 1-5 Part 1 from 2nd Dan syllabus.
2. Candidate to present 3 Kihon Combinations, each consisting of 4-8 techniques from Techniques List in Appendix 1. Stances may be repeated but techniques should ideally be different for each combination.

The 3 combinations can either be done separately, one after the other, or these can be presented in a sequence using different directions.

The relevant bunkai has to be demonstrated.

Amendment to Kata Section:

Candidate to perform 4 Kata from the following list:

Heian Oyo Sandan, Jiin, Sochin, Nijushiho, Ganakaku.

Two Bunkai Sequences from any THREE of the above Kata

Rest of Syllabus remains unchanged

3rd Dan (Sandan)

REQUIREMENTS:

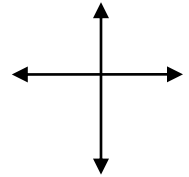
1. Minimum of 3 years of possessing Nidan (2ndDan)
2. Minimum age : 25 years

KIHON

Create a self-composed Kata using the List of techniques.

Criteria for composition:

- ✚ **THREE (3)** of each section in the **List of Techniques** and **TWO (2)** from the acrobatic section (Appendix 1)
- ✚ The direction **EMBUSEN** of the Kata must be in the form of any variation of the '**ADDITION SIGN**'
- ✚ Time duration of the composed Kata must be within the **50-60 second bracket**
- ✚ After the performance of the Kata, the examinee must then explain in detail its **BUNKAI** together with physical **performance against opponent/s**
- ✚ The composed Kata must be forwarded to the Examiners'' board at least **two (2) weeks prior** to the grading showing the techniques using Japanese terminology



KUMITE

- ✚ Defending against THREE KNIFE attacks
- ✚ Defending against THREE BATON attacks
- ✚ Defending against THREE BODY GRABBING attacks (Appendix 2)
- ✚ Defending against THREE CLOSE QUARTERS attacks (Appendix 3)
- ✚ A demonstration of 5 UKEMI (Appendix 4)
- ✚ 30 second of impact techniques on focus pads / shields
- ✚ A line-up of attacks using TAI SABAKI as part of the defence / counter attack method

KATA

- ✚ One Kata from candidate's choice: SOCHIN, NIJUSHIHO, GANGAKU
- ✚ Performance of both Kata: HEIAN OHYO SANDAN ; JIIN
- ✚ Two BUNKAI sequences from **each of the three Kata** in bullet point '**A**' of the Kata section

WRITTEN ASSIGNMENT

Select one from the list below: (range of 500 to 1000 words)

1. Personal benefits of Karate and your opinion of Karate after years of practice, with reference to past, present and future experiences
2. Planning and Training for competition
3. Lesson planning for Adults and Children classes
4. Injuries in karate: preventions and first response for most common dojo injuries
5. Benefits of KATA

4th Dan (YONDAN)

REQUIREMENTS:

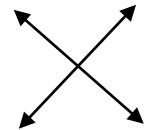
1. Minimum of 4 years of possessing Sandan (3rdDan)
2. Minimum age : 30 years

KIHON

Create a self-composed Kata using the List of techniques.

Criteria for composition:

- ✚ **FOUR (4)** of each section in the **List of Techniques** ...and only **ONE (1)** from the acrobatic list ([Appendix 1](#))
- ✚ The direction **EMBUSEN** of the Kata must be in the form of any variation of the '**MULTIPLICATION SIGN**' (*BEARING EMBUSEN OF 45 deg ANGLES*)
- ✚ Time duration of the composed kata must be within the **60-70 second bracket**
- ✚ After the performance of the Kata, the examinee must then explain in detail its **BUNKAI** together with physical **performance against opponent/s**
- ✚ The composed Kata must be forwarded to the Examiners'' board at least **two (2) weeks prior** to the grading showing the techniques using Japanese terminology



KUMITE

- ✚ Defending against FOUR KNIFE attacks
- ✚ Defending against FOUR BATON attacks
- ✚ Defending against FOUR BODY GRABBING attacks ([Appendix 2](#))
- ✚ Defending against FOUR CLOSE QUARTERS attacks ([Appendix 3](#))
- ✚ A demonstration of 5 UKEMI ([Appendix 4](#))
- ✚ A line-up of attacks using TAI SABAKI as part of the defence / counter attack method
- ✚ 30 second of impact techniques on focus pads / shields

KATA

- One Kata from candidate's choice: BASSAI SHO; GOJUSHIHO SHO; MEIKYO
- Performance of both Kata: HEIAN OHYO YONDAN; CHINTE
- Two BUNKAI sequences from **each of the three Kata** in part '**A**' of the Kata section

WRITTEN ASSIGNMENT

Select one from the list below: (range of 500 to 1000 words)

1. Personal benefits of Karate and your opinion of Karate after years of practice, with reference to past, present and future experiences
2. Planning and Training for competition
3. Lesson planning for Adults and Children classes
4. Injuries in karate: preventions and first response for most common dojo injuries
5. Benefits of KATA

5th Dan (GODAN)

REQUIREMENTS:

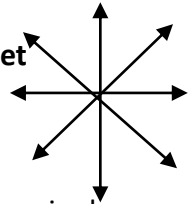
1. Minimum of 5 years of possessing Yondan (4ndDan)
2. Minimum age : 35 years

KIHON

Create a self-composed Kata using the List of techniques.

Criteria for composition:

- ✚ **FIVE of each** section in the *List of Techniques* ...(and only **ONE (1)** from the acrobatic list (Appendix 1)
- ✚ The direction **EMBUSEN** of the Kata must be in a **MULTI-DIRECTION FORM**.
- ✚ Time duration of the composed kata must be within the **70 -80 second bracket**
- ✚ After the performance of the Kata, the examinee must then explain in detail its **BUNKAI** together with physical **performance against opponent/s**
- ✚ The composed Kata must be forwarded to the Examiners'' board at least **two (2) weeks prior** to the grading showing the techniques using Japanese terminology



KUMITE

- ✚ Defending against FIVE KNIFE attacks
- ✚ Defending against FIVE BATON attacks
- ✚ Defending against FIVE BODY GRABBING attacks (Appendix 2)
- ✚ Defending against FIVE CLOSE QUARTERS attacks (Appendix 3)
- ✚ A demonstration of 5 UKEMI (Appendix 4)

KATA

- a) One Kata from candidate's choice: GOJUSHIHO DAI; UNSU;
- b) Performance of both Kata : HEIAN OHYO GODAN; WANKAN
- c) Two BUNKAI sequences **ALL** of the four Kata in this section

WRITTEN ASSIGNMENT

Select one from the list below: (range of 500 to 1000 words)

1. Personal benefits of Karate and your opinion of Karate after years of practice, with reference to past, present and future experiences
2. Planning and Training for competition
3. Lesson planning for Adults and Children classes
4. Injuries in karate: preventions and first response for most common dojo injuries
5. Benefits of KATA

GRADES FROM

6thDAN (ROCKU DAN) — 10thDAN (JU DAN)

The grades from 6th Dan up to 10th Dan will be awarded on merit in reference to the **technical** or **sportive** abilities as well as to the **political and public relations** that the candidate has achieved both **nationally** as well as **internationally**.

NORMAL REQUIREMENTS

GRADES	MINIMIUM AGE	YEARS AS BEFORE GRADE
6 th Dan	40 Years	6 years as 5 th Dan (Godan)
7 th Dan	50 Years	7 years as 6 th Dan (Rocku Dan)
8 th Dan	60 Years	8 years as 7 th Dan (Shichi Dan)
9 th Dan	70 Years	9 years as 8 th Dan (Hachi Dan)
10 th Dan	80 Years	10 years as 9 th Dan (ku Dan)

- ◆ ***The Executive and Technical councils of the Malta Karate Federation reserve the right to alter any of the above conditions, as it seems fit.***

Appendix 1.

LIST OF TECHNIQUES TO FORM PART OF THE FREE COMPOSITION KATA

DACHI WAZA	UCHI WAZA	UKE WAZA	GERI WAZA	ACROBATIC ACTIONS
ZENKUTSU	SEIKEN ZUKI	JODAN	MAE	FORWARD ROLL
KOKUTSU	TETSUI	SOTO	MAWASHI	BACKWARD ROLL
KIBA	URAKEN	UCHI	YOKO	FORWARD SOMERSAULT
SHIKO	URA ZUKI	GEDAN	USHIRO	BACKWARD SOMERSAULT
SANCHIN	TATE ZUKI	TATE SHUTO	URA	FORWARD JUMP TURN
NEKO ASHI	MAWASHI ZUKI	OSAE	USHIRO MAWASHI	BACKWARD JUMP TURN
HANGETSU	HIRI KEN	NAGASHI	TATE MAWASHI	
FUDO	YOKO EMPI	SHUTO	MIKAZUKI	MAE TOBI GERI
SAGIASHI	TATE EMPI	HAITO	HIZA	YOKO TOBI GERI
KOSA	USHIRO EMPI	TATE EMPI		USHIRO TOBI GERI
	OTOSHI EMPI	TOMOE		URA MAWASHI TOBI GERI
	MAWASHI EMPI			MIKA ZUKI TOBI GERI
	UCHI SHUTO			
	TATE SHUTO			
	SOTO SHUTO			
	SEIRUTO			
	HAITO			
	KEITO			
	NUKITE (IPPON)			
	NUKITE (NIHON)			
	NUKITE (SHIHON)			
	IPPON KEN			
	NAKADAKA KEN			
	KUMADE			
	TAISHO			
	WASHIDE			
	KUMADE			
	KAKUTO			

Appendix 2.

BODY GRABBLING
Wrist / Arm Grab
Head Locks
Neck (Front/ Back) Locks
Full Nelson Holds
Bear Hugs

Appendix 3

CLOSE QUARTER DEFENCES ATTACKS	ALL STARTING FROM ONE OF THE FOLLOWING SITUATIONS
Jabs	Clinch
Cross Punch	Single/ Double Lapel Grab
Uppercut	Body Push/ Shove (Any Direction)
Hook	
Elbow	
Knee	
Head Buts	

Appendix 4.

Forward Roll
Backward Roll
Downward Fall
Side Fall (lft/rgt)
Bridging Fall