



# KSK-Academy

## 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 the Kase Ha Shotokan Ryu Karate Do - Academy and it is a synthesis of years of practice and experience under the leading teaching from Shihan 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 Petrella Pasquale



Shihan Martin Jim

Shihan Dimitrijevic Velibor

Shihan Heene Dirk

Shihan Fedyk Michylo

29th September 2002  
Update: 5th June 2005



## PRINCIPALS

1. 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.
2. 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.
3. 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.
4. The authenticity of the Kase Ha approach should be reflected in the examination syllabus; so reality instead of formality is the general target in both kumite and kata applications.
5. 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.
6. 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.
7. The approach with open hand techniques into defensive and offensive attitude.
8. The timing principals of SEI-TE and HEN-TE clearly and effectively implemented.
9. Development of the moving system to diagonal, semicircular and circular directions.
10. Unique treatment of KATA, including four execution directions (omote, ura, go, ura-go) and respective application system (Kata Kumite, Bunkai, Oyo Bunkai).

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The following syllabus is not a final examination program; it is just a spot on the long way of Karate-Do.

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# SHODAN

## EXAMINATION PROGRAM

### 1. GENERAL ITEMS AND REMARKS

- Minimum one year first kyu
- Presentation by a club instructor (or mentor)
- Knowledge and understanding about the goals of Kase Ha Shotokan Ryu Karate Do- Academy and KARATE NO MICHİ
- 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 judge's proposal
- Main position is FUDO DACHI, for the 1st dan, Zenkustu-dachi can be used as well



## 2. KIHON

Shodan

### OBLIGATORY

Before the KIHON program: **TEN-NO-KATA (Omote)**

#### 2.1 Closed Hand Kihon

Hanmi Dachi:

#### **Uke waza: 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

- 2.2** FW: Yori Ashi Kisami Tsuki/Kae Ashi Oi Tsuki/Tsugi Ashi Gyaku Tsuki/Yori Ashi Uraken Uchi

### A CHOICE OF

- 2.3** BW: Yori Ashi Age Uke//Tate Tsuki/Gyaku Tsuki/  
FW: Mae Geri/Kisami Tsuki/Gyaku Tsuki

- 2.4** BW: Yori Ashi Uchi Uke//Kisami Tsuki/Gyaku Tsuki/  
FW: Mawashi Geri/Gyaku Tsuki/Uraken Uchi.

- 2.5** BW: Yori Ashi ZK Soto Uke// KD Yoko Empi//Uraken Uchi/ ZK Gyaku Tsuki/  
FW: Tsugi Ashi Yoko Geri Kekomi/Uraken Uchi/Gyaku Tsuki.

- 2.6** BW: Yori Ashi Gedan Barai//Uraken Uchi/Gyaku Tsuki/  
FW: Ushiro Geri/Uraken Uchi/Gyaku Tsuki

### OBLIGATORY

- 2.7** BW: KK Shuto Uke//Kisami Mae Geri/ ZK Gyaku Nukite/  
FW: ZK Yori Ashi Shuto Uchi/Kae Ashi Shuto Ganmen<sup>1</sup> Uchi/Gyaku Haito

<sup>1</sup> Strait from to top to the head



**2.8 Shiho Tsuki:** Gyaku Tsuki in 4 directions

**2.9 Shiho Geri:** Mae Geri//Yoko Geri//Ushiro Geri//Mawashi Geri

Shodan

### 3. KATA

#### 3.1 TOKUI KATA

A choice between: Bassai Dai  
Kanku Dai  
Jion

#### 3.2 SHITEI KATA

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

### 4. KUMITE

#### 4.1 Jyu Ippon Kumite

Tori: 4 attacks: 2 Tsuki  
2 Geri

Uke: A choice of GO-NO-SEN combinations out of  
KIHON 2.1 programm

#### 4.2 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



# N I D A N

## EXAMINATION PROGRAM

### 1. 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 judge's 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



Nidan

## 2. KIHON

### OBLIGATORY

#### 2.1 Open Hand Kihon

Hanmi Dachii

Uke waza: open hand

Eight basic blocking skills with open hands

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).

#### 2.2 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

#### 2.3 Gyaku Uraken Uchi

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

#### 2.4 Okuri Ashi Geri Waza

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

### A CHOICE OF

2.5 BW: Yori Ashi Age Uke//Soto Uke//Hen-te Kisami Tsuki/Gyaku Tsuki/  
FW: Mae Ashi Mae Geri/Kae Ashi Mae Geri/Kisami Tsuki/Gyaku Tsuki

2.6 BW: Yori Ashi Soto Uke//Gedan Barai//Uraken Uchi/Gyaku Tsuki/  
FW: Tsugi Ashi Yoko Geri/Kai Ashi Mawashi Geri/Gyaku Haito

2.7 BW: Yori Ashi Gedan Barai//Uchi Uke//Kisami Tsuki/Gyaku Tsuki  
FW: Mae Ashi Ashi Barai/Ushiro Geri/Uraken Uchi/Shuto Ganmen Uchi



## OBLIGATORY

- 2.8 **Shiho Uke:** Blocking in 4 directions, each block followed by a combination of counter attacks and attacks.

Nidan

## 3. KATA

Kata: HEIAN OYO

Applications of 4 parts from the kata

### 3.2 TOKUI KATA

A choice between: Hangetsu  
Jitte  
Enpi

3 Bunkai chosen by examiner

### 3.3 SHITEI KATA

Bassai Dai, Jion, Kanku Dai, Tekki Nidan

## 4. KUMITE

### 4.1 Jyu Ippon Kumite

Tori: 4 attacks: 2 Tsuki  
2 Geri

Uke: (from Kihon 2.1)  
Use of open hands, Gyaku Uraken Uchi and Geri Waza as a counter attack, combined with Tai Sabaki and side moving.

### 4.2 Jyu Kumite

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



# S A N D A N

## EXAMINATION PROGRAM

### 1. GENERAL ITEMS AND REMARKS

- Minimum three years of continuous practice after nidan grading in the KSK-Academy system
- 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 judge's 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 members 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,...)

Sandan

## 2. KIHON

### 2.1 Kamae

**From 3 different kamae:** Basic blocks and counters with closed fists.  
(Uke Waza)

**From 3 different kamae:** Basic attacking combinations.  
(Seme Waza)

### 2.2 Uke Waza

A combination of **2 closed hand blocks and double counter attacks** with the Hen-te, Sei-te principals.

A combination of **2 open hand blocks and double open hand counter attacks** with the Hen-te, Sei-te principals

### 2.3 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 coördination

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

## 3. KATA

### 3.1 TOKUI KATA

A choice between:      Kanku Sho  
                                 Bassai Sho  
                                 Gankaku  
                                 Nijushiho  
                                 Sochin

+ Ura

+ 3 Bunkai chosen by the examiner



### 3.2 SHITEI KATA

Tekki Sandan, Bassai Dai, Kanku Dai, Enpi

Sandan

## 4. KUMITE

### 4.1 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

### 4.2 Jyu Kumite

3 times 3 minutes

Emphasis: showing maturity in presentation, application and attitude



# YONDAN AND ABOVE EXAMINATION PROGRAM

## 1. 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
- 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 judge's 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 a member of Shihan-Kai of KSK-Academy
- Active participation at Gasshukus and seminars of Shihan-Kai members of KSK-Academy



- **Deeper study on Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon,...)**

Yondan and above

## 2. Kihon

**Show 3 combinations of min. 8 techniques applying the principles of Shotokan-Ryu-Kase-Ha**

(Start from different kamae positions, open hand blocks and counter attack, closed hand blocks and counter attacks, tai-sabaki movements with gyaku-uraken and / or kicks, o-waza, ju-waza and ko-waza blocking and attacking techniques etc. )

## 3. Respiration Technique:

### **Ten-No-Kata Omote**

Show advanced skills in respiration techniques, tension and relaxation of the body  
Preparation: breath in slowly, performing technique breath out fast.

## 4. 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 principles. The candidate should be able to show the technique, the principle or kata bunkai with 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 convincing.

## 5. Kata

### 5.1 Tokui Kata

Show a different Kata than Shodan to Sandan Tokui Kata program

+ Ura



+ Bunkai chosen by the examiner

## 5.2 SHITEI KATA

All Katas from Shodan to Sandan program

+ Ura

Yondan and above

## 6. Kumite

Show application of your kihon program or Kata Bunkai

Jiyu kumite

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### NOTE

- All candidates must be presented by a member of the Shotokan Ryu Kase Ha Instructor's Academy
- All the examinations will take place under the supervision of a member of the Shihan-Kai, or a jury with at least one member of the Shihankai. In special cases the Shihan-Kai can also appoint examiners which are not member of the Shihan-Kai

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**Legend:** // same hand or same leg  
/ other side (hand or leg)  
FD Fudo-Dachi  
KB Kiba-Dachi

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ZK Zenkutsu-Dachi  
KK Kokutsu-Dachi

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