

# KASE HA SHOTOKAN RYU KARATE DO- ACADEMY

## DAN - GRADING SYLLABUS

This syllabus has been developed for 15 years through members of the Shihan-Kai of Kase Ha Shotokan Ryu Karate Do - Academy and it is a synthesis of years of practice and experience under the leading teaching of the late Shihan Taiji Kase. The co-ordination from several ideas and opinions finally concluded to this grading and profiling syllabus from the KSK – Academy.

### Members of Shihan-Kai / Grading Examiners

Shihan Kase Taiji

Shihan Heene Dirk

Shihan Martin Jim

Shihan Petrella Pascal

Shihan Fedyk Michaylo

Shihan Delgado Juan-Pablo

Shihan Ibscher Nico



29<sup>th</sup> September 2002  
Update: 5<sup>th</sup> June 2005  
Update: 10<sup>th</sup> Dec. 2018

## PRINCIPALS

**The ultimate goal of Kase Ha Shotokan Ryu Karate Do-Academy is to reach a level beyond technique, which is based on the ancient BUDO approach to martial arts and spirit.**

**Some aspects of higher karate level can not be clearly recognised and graded by other means. After technique has been mastered it becomes a tool in further search.**

**Specific breathing, concentration and visualisation are crucial means in the mind's development. The system of Ibuki breathing leads to a higher spiritual level and to the finest energy control.**

**The authenticity of the Kase-Ha approach should be reflected in the examination syllabus; hence reality instead of formality is the general target in both kumite and kata applications.**

**The presentation of a strong and effective defensive system is involved. Variety of blocks, with open and closed hands and respective kamae positions should be shown.**

**The use of FUDO DACHI, gradually developed from basic stances to satisfy equally defensive and offensive requirements as well as to ensure stability and body control.**

**The approach with open hand techniques into defensive and offensive attitude.**

**The timing principals of SEI-TE and HEN-TE clearly and effectively implemented.**

**Development of the moving system to diagonal, semicircular and circular directions.**

**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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## General Remarks

- From Shodan to Sandan one must provide the **KSKA Grading Application Form**, signed by a member of the academy with a higher grade at the day of examination.
- From Sandan and above one has to send the KSKA Dan Application Form via email to the secretary of the KSKA, minimum 6 month prior to the grading date.
- Godan and above examinations are usually held at the Gasshuku, exception's have to be approved by the Shihankai
- Shodan - Yondan Dan gradings can be undertaken by one member of the Shihankai.
- Members who are presenting themselves for Yondan and above must regularly participate at Gasshuku organised by the KSKA.
- Shihankai members and/or the Secretary can propose members for Rokudan and above for grading to the Shihankai. Alternatively, **members may send a letter of consideration** to the KSKA secretary to present to the Shihankai. The Shihankai will then decide if an invitation letter is to be sent to an eligible member.
- New members must respect the waiting time for each level (e.g. 4 years for Yondan) irrespective of how long they had their grade in another Federation, in order to have enough time to study Kase Ha Shotokan Ryu Karate-Do principles.
- Minimum waiting times for the next grading are stated in the syllabus. The minimum waiting time is only for Karateka who have **reached an exceptional high technical and cognitive level of practice**.
- Deeper study on Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon,...)

The following criteria are to be used as a guide by the Shihankai in assessing the merits and **suitability of the potential Rokudan and above candidates**:

- **The candidates continued support for the KSKA and regular attendances on KSKA Gasshuku's and other KSKA activities**
- Level of technique and understanding of Kase Ha Karate-Do principles
- Duration and period of un-broken membership to the KSKA
- The candidates running a club and / or student development including student support of the KSKA
- Date of last grading
- Length of time training in karate
- Organisation of the last grading (KSKA or other)
- Additional functional support by the candidate towards the KSKA including organisational and /or other such services
- Other as maybe applicable and as considered necessary by the Shihankai

# SHODAN EXAMINATION PROGRAM

## GENERAL ITEMS AND REMARKS

- Minimum one year continuous training after 1<sup>st</sup> Kyu grading
- Presentation by a club instructor (or mentor)
- Knowledge and understanding about the goals of Kase Ha Shotokan Ryu Karate Do- Academy and KARATE NO MICHU
- Strong kime, fast techniques (speed), stability and strong fighting spirit
- Controlled techniques
- Knowing basic Japanese karate terms (knowing what you are doing, terms of Kase-Ha training system)
- Main position is Fudo-Dachi for the 1<sup>st</sup> Dan
- 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

**Shodan**

**KIHON**

**1. TEN-NO-KATA, (obligatory)**

**2. Closed-Hand Kihon**

**Uke waza: 9 closed hands blocks**

*Nine basic blocking skills with closed hands*

*Optional: Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te*

Start from Hamni –Dachi, move for the block in Fudo-Dachi

- |         |  |
|---------|--|
| Jodan:  | - Age-Uke<br>- Soto-Uke<br>- Tate-Uke        |
| Chudan: | - Soto-Uke<br>- Uchi-Ude-Uke<br>- Otoshi-Uke |
| Gedan:  | - Gedan-Barai<br>- Kake-Uke<br>- Nagashi-Uke |

**3. Kihon**

Fw Yori-Ashi Kisami-Zuki / Kae-Ashi Oi-Zuki / Tsugi-Ashi Gyaku-Zuki / Yori-Ashi Uraken-Uchi

**A CHOICE OF**

- |    |  |
|----|--|
| bw | Yori-Ashi Age-Uke // Tate-Zuki / Gyaku-Zuki                                    |
| fw | Mae-Geri / Kisami-Zuki / Gyaku-Zuki  |
| bw | Yori-Ashi Uchi-Ude-Uke // Kisami-Zuki / Gyaku-Zuki                             |
| fw | Mawashi-Geri / Gyaku-Zuki / Uraken-Uchi  |
| bw | Yori-Ashi ZK Soto-Uke // KD Yori-Ashi Yoko-Empi // Uraken-Uchi / ZK Gyaku-Zuki |
| fw | Tsugi-Ashi Yoko-Geri-Kekomi / Uraken-Uchi / Gyaku-Zuki                         |
| bw | Yori-Ashi Gedan-Barai // Uraken-Uchi / Gyaku-Zuki                              |
| fw | Ushiro-Geri / Uraken-Uchi / Gyaku-Zuki   |

**OBLIGATORY**

- |    |   |
|----|---|
| bw | KK Shuto-Uke // Kisami-Mae-Geri/ ZK Gyaku-Nukite  |
| fw | Yori-Ashi Tate Shuto-Uchi jo / Kae-Ashi-Shuto-Ganmen <sup>1</sup> -Uchi jo / Gyaku-Haito jo |

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

**Shodan**

**4. Shiho Zuki: Gyaku-Zuki in 4 directions in Fudo-Dachi**

- Turn 180° backwards, than 90°, than 180°, than 90°, than 180°)
- Show good balance, stability, kime and focus in your technique

**5. Shiho Ren Geri: Mae-Geri // Yoko-Geri // Ushiro-Geri // Mawashi-Geri**

(Alternating leg possible, on discretion of the examiner)

**KATA**

**1. TOKUI KATA (the examinee must know all 3 Tokui Kata)**

Candidates choice between:           Bassai-Dai  
  Kanku-Dai  
  Jion

Bunkai and partner chosen by the examiner

**2. SHITEI KATA**

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

**KUMITE**

**1. Jyu-Ippon Kumite (based on closed hand Kihon)**

**Tori: 3 attacks:    Oi-Zuki jo, Oi-Zuki chu, Mae-Geri**

Announce attacks, attack always with Kae-Ashi when the attack technique is announced. Don't change leg position (left, right) after announcement.

**Uke:   Kamae, Blocks and counter attack free**

**2. Jyu Kumite (obligatory up to 40 years of age)**

One or more rounds from 3 minutes free fighting.

**Showing:**

Defensive and offensive skills  
Fighting spirit  
Speed and power  
Control and respectfull behaviour  
Zanshin

# N I D A N EXAMINATION PROGRAM

## GENERAL ITEMS AND REMARKS

- Minimum two years of continuous training after Shodan grading
- Ability of co-ordination from different hand and leg techniques in both attacking and defence
- Ability of side moving and Tai Sabaki in attacking and defending
- Understanding of open hand blocking
- Application of body support for Hen-te and Sei-te techniques
- The use of Gyaku Uraken in GO-NO-SEN and SEN-NO-SEN
- Being presented by a senior instructor of KSK-Academy
- 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

**Nidan**

**KIHON**

**1. Open-Hand Kihon**

Uke-waza: 9 open hand blocks  
*Nine basic blocking skills with open hands*  
*Emphasise final kime and next kamae preparation*  
*Move from Hanmi-Dachi to Fudo Dachi*

Jodan: - Shuto-Barai  
- Teisho-Uke

Chudan: - Teisho-Uke  
- Tate Shuto-Uke  
- Tekubi-Uke  
- Osae-Uke

Gedan: - Shuto-Barai  
- Teisho-Sukui-Uke  
- Nagashi-Shuto-Barai-Uke

**2. Zuki waza**

FD Kae-Ashi Oi-Zuki jo // Hen-te Tate-Zuki chu // Hen-te Kisami-Zuki jo / Tsugi-Ashi  
Gyaku-Tate-Zuki chu // Hen-te Gyaku-Zuki jo // Hen-te Gyaku-Ura-Zuki chu

**3. Tai-Sabaki Kihon**

**Gyaku-Uraken-Uchi**

Tsugi-Ashi Yokerukoto Teisho-Uke (45°) (Kosa-Dachi, Body Irimi) /  
Gyaku Uraken Tai-Sabaki / Kae-Ashi Gyaku-Uraken (45°) + Tai-Sabaki

**4. Kihon**

bw. Yori-Ashi Age-Uke // Soto-Ude-Uke // Hen-te Kisami-Zuki / Gyaku-Zuki /  
fw Mae-Ashi-Mae-Geri / Kae-Ashi-Mae-Geri / Kisami-Zuki / Gyaku-Zuki

bw Yori-Ashi Soto-Ude-Uke // Gedan-Barai // Uraken-Uchi / Gyaku-Zuki /  
fw Tsugi-Ashi Yoko-Geri / Kai-Ashi Mawashi-Geri / Gyaku-Haito

bw Yori-Ashi Gedan-Barai // Uchi-Ude-Uke // Kisami-Zuki / Gyaku-Zuki  
fw Mae-Ashi Ashi-Barai / Ushiro-Geri / Uraken-Uchi / Gyaku Shuto-Ganmen-Uchi



**NIDAN**

**KATA**

**1. TOKUI KATA**

Candidate's choice between:

Hangetsu
Jitte
Enpi

Bunkai chosen by examiner, partner chosen by the examiner

**2. SHITEI KATA**

Bassai-Dai, Jion, Kanku-Dai  
Heian Shodan Go, Heian Nidan Go, Heian Sandan Go,  
Tekki Nidan

**KUMITE**

**1. Jyu-Ippon Kumite, one or more rounds**

**Tori:** 4 attacks:      2 Zuki (jodan or chudan)  
                                 2 Geri  
                                 Announce attacks

**Uke:** Block, Counter attack Hen-te, Sei-te or Hen-te & Sei-te

**2. Jyu-Kumite (obligatory up to 40 years of age)**

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

# S A N D A N EXAMINATION PROGRAM

## GENERAL ITEMS AND REMARKS

- Minimum three years of continuous practice after Nidan grading
- Application of body support for Hen-te and Sei-te techniques
- Show ability of Tai-No-Sen in Kumite situations
- 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
- Presented by a senior instructor or mentor from the KSK-Academy
- From Sandan and above one has to sent the Dan application form via email to the secretary of the KSKA minimum 6 month prior to the grading date

**Sandan**

**KIHON**

**1. Open-Hand Kihon**

Uke waza: 9 open hand blocks and counter attacks  
*Nine basic blocking skills with open hands*  
*Move from Hanmi-Dachi to Fudo-Dachi*  
*Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te*

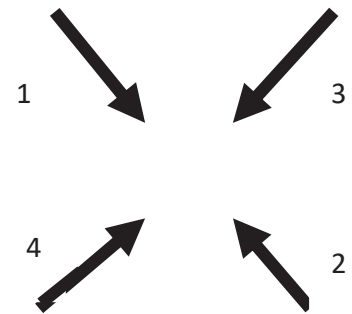
- Jodan: - Shuto-Barai  
- Teisho-Uke
- Chudan: - Teisho-Uke  
- Tate Shuto-Uke  
- Tekubi-Uke  
- Osae-Uke
- Gedan: - Shuto-Barai  
- Teisho Sukui-Uke  
- Nagashi-Shuto-Barai-Uke

**1. Shi-Ho-Uke**

Perform 4 different blocking techniques in 4 direction

**Single open hands block & counter attack**

Counter attack: Hen-te, Sei-te, or Hen-te / Sei-te



**2. Geri with Okuri-Ashi**

Mae-Ashi-Geri chu / Yoko-Geri chu / Mawashi-Geri chu / Ushiro-Geri chu /

Ura-Mawashi-geri jo

**Sandan**

## **KATA**

### **1. Heian Oyo, (obligatory)**

### **2. TOKUI KATA**

A choice from:           Kanku-Sho  
                                  Bassai-Sho  
                                  Gankaku  
                                  Niju-Shiho

Bunkai Tokui-Kata: chosen by the examiner, partner chosen by the examiner

### **3. SHITEI KATA**

All Tokui and Shitei Kata from Shodan and Nidan Syllabus  
Heian Yondan Go, Heian Godan Go, Tekki Sandan

## **KUMITE**

### **1. Jyu-Ippon Kumite**

**Tori: 4 attacks:**       **2 Zuki, jo or chu**  
                                  **2 Geri (front or back leg)**  
Announce technique and level  
**Tori** may change leg position (left, right) after  
announcement  
  
**Uke:** block and counter attack (Zuki, Uchi, Geri)  
Use principles of Sandan Kihon program

### **2. Jyu-Kumite**           (bligatory up to 40 years of age)

One or more rounds x 2 minutes of free fighting exposing combination  
skills, both in defence and attack.

Emphasis: showing maturity in presentation, application and attitude  
Knowing how to attack, knowing how to defend and counter attack  
Show advanced skill in Maai and timing

# YONDAN EXAMINATION PROGRAM

## GENERAL ITEMS AND REMARKS

- Yondan, minimum four years of continuous practice after the last grading
- Yondan and above must present their program to a member of KSKA Shihankai for approval. The shihankai member must sign the application form.
- Ability to adapt to situations in different directions
- Clearly demonstrate the ability of double blocking
- Clearly understanding different ways of use of Gyaku-Uraken
- From Yondan and above one has to send the Dan application form via email to the secretary of the KSKA minimum 6 months prior to the grading date.
- Active participation at Gasshukus and seminars of Shihan-Kai members of KSK-Academy
- 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

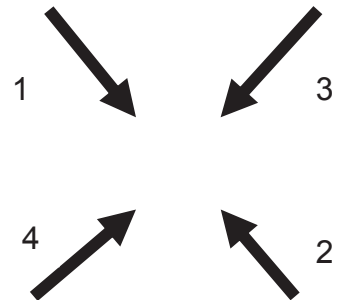
Yondan

## Kihon

### 1. Shiho-Uke

Adapt blocks to the following attacks and direction. 3-5 techniques max. Apply *different Kase-Ha principles*.

- 1) Oi-Zuki jo / Gyaku-Zuki chu
- 2) Oi-Zuki chu / Gyaku-Zuki jo
- 3) Kizami-Zuki jo / Gyaku-Zuki chu
- 4) Mae-Geri chu / Jun-Zuki jo



### 2. Uraken-Uchi exercise

#### a. Kihon, Footwork only (no partner) for Uraken movements

- 1) Yori-Ashi (SMA)
- 2) Tsugi-Ashi (SMA)
- 3) Kae-Ashi (SMA)
- 4) 45° back Okuri-Ashi Kiri-Kaeshi (UMA)
- 5) Kiri-Kaeshi (SMA)
- 6) Tsugi-Ashi Yokerukoto with Kosa-Dachi (Body Irimi) (SMA)

#### b. Uraken-Uchi exercise with partner Kotekitai

Footwork as indicated in 2a:

- |             |  |
|-------------|--|
| No. 1, 2, 3 | Gyaku-Uraken   |
| No. 4       | Uraken (Front hand ) with Okuri-Ashi   |
| No. 5       | Gyaku-Uraken with Kiri-Kaeshi  |
| No. 6       | Gedan-Haiwan-Uke (45°) with Tsugi-Ashi Yokerukoto (Kosa-Dachi, Body Irimi) / step Gyaku-Uraken Tai-Sabaki (SMA).<br>(It can also be done by pivoting on back foot (Kaiten) depending which position partner is). |

#### c. Uraken-Uchi against an attack

Tori attacks always with Oi-Zuki chu, except last attack with Mae-Geri chu

(SMA: Soto-Mawari-Ashi; UMA: Uchi-Mawari-Ashi)

## Yondan

### Kata

**1. Tekki Oyo (obligatory)**

**2. Tokui Kata**

Kata of your own choice, which was not presented at former gradings

+ Kata in Ura form, chosen by the examiner

+ Bunkai, partner chosen by the examiner

**3. SHITEI KATA**

+ All Tokui and Shitei katas from Shodan to Sandan syllabus

+ All Heian Kata in Go

### Kumite

➤ Show application of Shiho-Uke Kihon program

➤ Jiyu Kumite up to 40 years of age

# Godan & above EXAMINATION PROGRAM

## GENERAL ITEMS AND REMARKS

- Godan, minimum 5 years of continuous practice after the last grading
- Rokudan, minimum 6 years of continuous practice after the last grading
- Nanadan, minimum 7 years of continuous practice after the last grading
- Hachidan, minimum 8 years of continuous practice after the last grading
  
- From Yondan and above, send the KSKA Dan application form via email to the secretary **minimum 6 month prior to the grading date**
- Yondan and above **must present their program to a member Shihankai for approval**
- Rokudan and above **will be invited by the Shihankai** to present for grading
- Rokudan and above **can send a letter of consideration** to the KSKA secretary
  
- Being able to explain and instruct the techniques and skills performed in the KSK-Academy (PEDAGOGICAL, METHODICAL, SYSTEMATIC ABILITY)
- Active participation at Gasshukus **and** seminars of Shihan-Kai members
  
- Deeper study on Budo-classics (Hagakure, Go Rin No Sho, Karate-Do Kyohan, Karate-Do Nyumon,...)
  
- The examiners are free to determine some parts 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



**Godan & above**

**Kata**

**1. Tokui Kata**

Kata of your own choice, which was not presented at former gradings

+ Kata in Ura form, chosen by the examiner

+ Bunkai, partner chosen by the examiner

**2. SHITEI KATA**

+ All Katas from previous gradings

**Kihon**

Show 3 combinations of no more than 7 techniques each reflecting Kase Ha principles

**Kumite**

Apply the combinations with a partner chosen by the examiner

**The syllabus for Rokudan and above can also, prior to the grading, be individually assigned by Shihankai.**

## Legend

### Legend:

//	same hand or same leg
/	other side (hand or leg)
FD	Fudo-Dachi
KB	Kiba-Dachi
ZK	Zenkutsu-Dachi
KK	Kokutsu-Dachi
KD	Kosa-Dachi
Fw	forward
Bw	backward
SMA	Soto-Mawari-Ashi
UMA	Uchi-Mawari-Ashi

### Terms:

Yokerukoto	side moving to escape
Kotekitai	Induration training (technique against technique)
Okuri-Ashi	Helping step, adapting the distance to the kick
Tai-No-Sen	Counter before the oponents techniques is finished (counter during blocking)
Go-No Sen	Counter after block
Sen-No-Sen	Counter in the moment of iniciative
Taisabaki	Body Turning, Body shifting

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