

Villanova Karate Club

Syllabus

www.villanova.edu/recreation/karateclub

Class Times & Locations

Tuesday and Thursday evenings at 7 PM: Alumni Gym

Classes start promptly at 7, so please be on time.

Sundays: 12 PM: Alumni Gym

Attendance Policy

If you have more than 8 unexcused absences in a semester you are not allowed to test for your next belt rank. This is not to punish you, but to reward those who come to every class and work hard.

If you have a class, on campus job, RA, etc. that will cause you to miss class once each week, please see one of the instructors to advise them of this.

***If you have missed more than 8 classes, please continue to come. As stated above, this is not a punishment.

Dojo Dues

Dues are \$60 a semester. These may be paid by either cash or check. Checks can be made out to Villanova Karate Club. No Wildcard accepted.

Dojo Etiquette

Rei upon entering and exiting the Dojo

No jewelry, cell phones, pagers, etc.

The floor must be swept prior to every class- this is to be done by less senior members

Rei to Instructors after receiving instruction

No wiping sweat from your face, fixing your hair or standing with your hands on your hips

Ask an instructor to be excused if you feel sick, faint, etc.

All rules serve to help improve self-discipline and make class run more smoothly for all students.

Belt Testing Requirements

- **Yellow** – Naihanchi Shodan
- **Purple** – Naihanchi Shodan, Naihanchi Nidan
- **Green** – Naihanchi Shodan, Naihanchi Nidan, Naihanchi Sandan
- **Green w/ Stripe** – Naihanchi Shodan, Naihanchi Nidan, Naihanchi Sandan, Tomari Seisan
- **Brown** – Naihanchi Shodan, Naihanchi Nidan, Naihanchi Sandan, Tomari Seisan, Pian Shodan, Pian Nidan, Pian Sandan, Pian Yondan, Pian Godan
- **Brown w/ Stripe** – Naihanchi Shodan, Naihanchi Nidan, Naihanchi Sandan, Tomari Seisan, Pian Shodan, Pian Nidan, Pian Sandan, Pian Yondan, Pian Godan, Passai
- **All Belts** – Japanese Vocabulary

Belt Testing Fees

- **Yellow** - \$15
- **Purple** - \$20
- **Green** - \$25
- **Green w/ Stripe** - \$30
- **Brown** - \$35
- **Brown w/ Stripe** - \$40

35 Standing Basics

Horse Stance (Naihanchi)

1. Basic punch (Solar plexus height)
2. Face punch
3. Face punch, palm-heel block
4. Knife-hand strike
5. Double knife-hand strike

Double chamber position

6. Speed punch

Double outside block position

7. Speed punch
8. Inside punch
9. 45-degree punch
10. Four punches (inside, 45-degrees, straight punch, opposite hand straight punch)
11. Punch @ 45 degrees (opposite hand chambered)
12. Cross punch across stomach
13. Side-swing punch to the side

14. Cross punch, three blocks

Pivoting 45 degree, forward stance

15. Reverse punch

16. Double punch

17. Knife-hand block

Informal stance (heiko dachi)

18. Front kick

19. Side-swing kick

20. Roundhouse kick

Forward stance (zenkutsu dachi)

21. Front kick

22. Side-swing kick

23. Roundhouse kick

Cat stance (nekoashi dachi)

24. Front kick

Feet together

25. Back kick

26. Side kick

Horse stance

27. Naihachi kick

Square stance

28. Reverse punch, forward stance

29. 2 punches, 1 pivot

30. 2 punches, 2 pivots

31. Punch, punch, kick, punch

Forward stance position, reverse punch out

32. Downward block, reverse punch

33. Outside block, reverse punch

34. Inside block, reverse punch

35. Rising block, reverse punch

17 Moving Basics

First set

1. Knife-hand block (square stance)
2. Rising block (forward stance)
3. Outside block (square stance), reverse punch (forward stance)
4. Inside block (square stance), reverse punch (forward stance)
5. Down block (square stance), reverse punch (forward stance)
6. Elbow strike (square stance)
7. Front kick (forward stance)
8. Side swing kick (horse stance)

Second set

1. Rising block (square stance), reverse punch (forward stance)
2. 3 punches (forward stance)
3. Combination block (rising, inside, back-knuckle, downward block, reverse punch)
4. Rising block, hacking block, reverse punch
5. Open palm, eagle's beak (forward stance)
6. Front kick, grab (forward stance)
7. Crescent kick, grab (forward stance)
8. Lunge punch (square stance), step back, outside block (cat stance)
9. Step over, grab, sidekick (horse stance)

Vocabulary and Pronunciation

Empty Handed – Karate	Back Kick – Ushiro-geri
Instructor – Sensei	Round house kick – Mawashi-geri
Training Hall – Dojo	Side swing kick – Mawashi-yoko-geri
Bow (physical act) – Rei	Downward block – Gedan barai
Standing Bow – Seiza Rei	Outside block – Soto-ude-uki
Show me the way – Onagai Itashimas	Rising block – Age-uke
Thank you very much – Taihen Arigato	Free sparring – Jiya-kumite
Gozimashita	One Attack Sparring – Ippon-kumite
Technique – Wasa	Five Attack Sparring – Gohan-kumite
Begin – Hagime	One attack free sparring – Jiyu-Ippon-Kumite
Stop – Yame	Warm up exercises- Junbi Undo
Rest – Yasume	Foot – Ashi
Front – Mae	To Tighten – Jime
Back – Ushiro	Breaking the balance – Kuzushi
Side – Yoko	The thrower – Tori
Left – Hidari	Inside or inner – Uchi
Right – Migi	Foot trick – Ashi waza
Head Area – Jodan	To win by default – Fusensho
Chest Area – Chudan	Wheel – Guruma
Groin Area – Gedan	Knee – Hiza
Block – Uke	Time – Jiken
Kick – Keri or Geri	Mat Work – Tatami wasa
Punch – Tsuki	Throw – Nage
Strike – Uchi	Turning – Tai sabaki
Sparring – Kumite	The breakfall – Ukemi
Basic Punch – Sonoba-zuki	Tournament – Shiai
Revers Punch – Chudan-gyaku-zuki	To Spring – Hane
Lunge Punch – Oia-zuki	To Sweep – Harai
Front Kick – Mae-geri	One point - Ippon
Side Kick – Yoko-geri	
Belt- Obi	
A whirl or eddy – Tomoe	
To raise or life – Tsuru	
Half-point – Waza ari	

Vowels

A – “ah”

E – “a” as in “bay”

I – “ee”

O – as in “tomato”

U – “oo” as in “boo”