

The Senior Program from White Belt to Brown Tag Belt.

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The Nine Precepts

1. Do not think dishonestly.
2. The way is in training.
3. Become acquainted with every art.
4. Know the ways of all professions.
5. Distinguish between gain and loss in worldly matters.
6. Develop intuitive judgment and understanding for everything.
7. Perceive those things that cannot be seen.
8. Pay attention even to trifles.
9. Do nothing which is of no use.



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The Senior Program from White Belt to Brown Tag Belt.

Welcome to your syllabus!

It will take you through the grading system from your first grade, Yellow belt, to Brown tag belt, one belt below black.

Always treat your training as a journey - you will learn more if you enjoy your journey. Be dedicated towards your learning and you will reap the benefits, but don't forget there will be hard times on the journey and you learn more then about yourself than any other time.

So if you find the journey tough from time to time why not look and reflect upon "the nine precepts" a code by which we can all follow to help us focus on what we want to aim for!

Lastly remember that the students in the club make the club, so strong students make a strong club. This in turn will make the individual strong in the club.

Shihan Ben Babbington

ZKS

Free Fighting and Safety equipment

Recommended for free fighting and competitions. For more information ask your instructor for sizes and current prices.

Equipment is usually not required until red belt. Other training equipment can also be purchased through your instructor -ask for details and prices



9th Kyu - Yellow Belt

Basics

1. Standing bow & ready position
2. Standing punch
3. Standing roofing block
4. Standing downward block
5. Stepping punch (with kiai)
6. Stepping roofing block
7. Stepping downward block
8. Guarding stance front leg raise
9. Guarding stance in-out crescent kick
10. Guarding stance snap kick

Kata

1. Kata Taijutsu 1 (and Bunkai)
2. Breathing form 1

Body Skills

1. Forward roll to stance
2. Rear brakfall
3. Side breakfall

Throws & Jujutsu

1. Outside leg sweep
2. Demonstrate simple and effective escapes to
 - a) Wrist grab x2
 - b) Front strangle
 - c) Rear choke
 - d) Rear strangle

Fitness & Stamina

1. 10 press-ups
2. 10 sit-ups legs held

Knowledge

1. Tie Gi and belt properly
2. Standing bow.



8th Kyu - Orange Belt

Basics

1. Standing bow and ready position
2. Standing double punch
3. Standing in to out block
4. Standing out to in block
5. Stepping in to out block
6. Stepping out to in block
7. Guarding stance reverse punch
8. Guarding stance front kick
9. Guarding stance roundhouse kick
10. Guarding stance out to in crescent kick
11. Groin kick on target pad

Kata

1. Kata Taijutsu 2 (and Bunkai)
2. Breathing form 2

Body Skills

1. Nine body movement skills (Tai Sabaki) from lunge punch
2. Forward roll on the run
3. Rear breakfall to roll and stance
4. Side breakfall exercise with partner

Throws & Jujutsu

1. Outside arm bar from cross wrist grab
2. Thumb lock from lapel grab
3. Self defence to
 - a. Rear bear hug
 - b. Side headlock
 - c. Rear hammerlock
 - d. Front bear hug
 - e. Double wrist grab

Fitness & Stamina

1. 15 press-ups
2. 15 sit-ups legs held
3. 15 squat thrusts

Knowledge

1. Answer questions on Dojo rules
2. Meaning and application of "Kiai"
3. Meaning and origin of Taijutsu
4. Standing bow

7th Kyu - Red Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance three level punch
4. Horse stance wedging block
5. Horse stance vertical backfist
6. Guarding stance jab punch
7. Stepping double wedging block
8. Stepping high block & reverse punch
9. Stepping horse stance back fist strike
10. Guarding horse stance cross step side kick
11. Guarding stance front kick & roundhouse kick
12. Mid section roundhouse kick on target pad

Kata

1. Kata Taijutsu 3 (and Bunkai)
2. Breathing form 3

Body Skills

1. Forward roll from push turn and face
2. Backward roll from push, guarding stance

Throws & Jujutsu

1. Body drop throw
2. Vertical figure 4 arm lock and take down
3. Vertical wrist lock from lapel grab
4. Defense from knife threats to
 - a. Front high
 - b. Front low
 - c. Side high
 - d. Back low

Fitness & Stamina

1. Free sparring with protective equipment
2. 20 press-ups
3. 20 sit-ups
4. 20 star jumps

Knowledge

1. Meaning of Zen Kyo Shin
2. Significance of the four Rei bows

6th Kyu - Green Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance downward hammer fist strike
4. Horse stance inward hammer fist strike
5. Stepping with 3 & 4
6. Stepping low block & reverse punch
7. Stepping high section cross block
8. Stepping low section cross block
9. Back stance wedging block reverse punch
10. Guarding stance jab, reverse punch & front kick
11. Guarding stance front kick to side shield
12. Cross step side kick on heavy shield

Kata

1. Kata Taijutsu 4 (four directions and Bunkai)
2. Breathing form 4

Body Skills

1. Diving roll over raised object
2. Cartwheel
3. Roll & pickup

Throws & Jujutsu

1. Hip throw from double punch
2. Seoi-nage from cross arm wrist grab
3. Snaking arm lock from shoulder grab & counter
4. Horizontal figure 4 lock from cross shoulder push & take down
5. One step defenses to
 - a. Lunge punch
 - b. Hook punch
 - c. Front kick
 - d. Roundhouse kick

Fitness & Stamina

1. Free sparring with protective equipment
2. 20 press-ups
3. 20 crunch sit-ups
4. 20 sprint exchanges

Knowledge

1. Basic striking points (atemi)
2. Non apparent fighting stances

5th Kyu - Blue Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance vertical fist strike to face
4. Horse stance vertical fist strike to body
5. Horse stance rear elbow strike
6. Horse stance downward elbow strike
7. Horse stance upset punch
8. Stepping in to out block, reverse punch
9. Stepping horse stance side elbow strike
10. Stepping rising elbow strike
11. Stepping forward elbow strike
12. Guarding stance switch roundhouse kick
13. Standing back kick
14. Guarding stance side kick
15. Guarding stance jab, reverse punch & roundhouse kick

Kata

1. Kata Taijutsu 5 (Tensho and bunkai)
2. Short Tai Chi form

Body Skills

1. Forward roll to backward roll
2. Front breakfall

Throws & Jujutsu

1. Reclining throw from double shoulder push
2. Front leg sweep from lunge punch
3. Inside leg reap from front kick and submission
4. Inside leg trip from roundhouse lick and submission
5. Three locks to control a grounded opponent
6. Knife defences
 - a. Front stab
 - b. Front stab low
 - c. Downward stab
 - d. Inward slash
 - e. Backhand slash

Fitness & Stamina

1. Free sparring with protective equipment
2. 20 clap press ups
3. 30 double crunch sit-ups
4. 5 inside and outside crescent kick against pads

Knowledge

1. Understanding of Zen Kyo Shin
2. Meaning of Hara, Sensei, Dojo, Ki

4th Kyu – Purple Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance cross palm-pressing block
4. Horse stance downward palm-pressing block
5. Horse stance stepping horizontal back fist
6. Horse stance cross step hook kick
7. Stepping out to in block, reverse punch
8. Stepping horse stance spinning back fist strike
9. Stepping guarding stance butterfly block
10. Guarding stance jab, reverse punch and side kick
11. Guarding stance jab reverse hook and uppercut
12. Guarding stance slide up back to rear
13. Guarding stance axe kick
14. Guarding stance stamp kick
15. Guarding stance front kick, roundhouse kick & side kick

Kata

1. Kata Taijutsu 6 (and bunkai)
2. Create and understand bunkai for Kata1 with partners and perform as fight sequence

Body Skills

1. Rolling breakfall
2. Side roll
3. From forward and backward push perform roll and counter to attack chosen on day

Throws & Jujutsu

1. Outside wrist throw
2. Inside wrist throw from cross wrist grab
3. Basic ground fighting position and movement
4. 3 take downs to standing attacker from grounded position
5. 9 defenses using body angling movements and counters against variety of attacks of your choice

Weapons

1. Show and demonstrate usage of short sticks, blocks and strikes

Fitness & Stamina

1. Free sparring with protective equipment
2. 35 press ups
3. 35 sit-ups
4. 10 half kneel to front kick

Knowledge

1. First aid course in progress or completed.

3rd Kyu – Purple Tag Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance downward knife hand strike
4. Horse stance inward knife hand strike
5. Horse stance spear hand strike to face (horizontal)
6. Horse stance spear hand strike to body (vertical)
7. Horse stance upward spear hand strike
8. Stepping downward knife hand strike
9. Stepping inward knife hand strike
10. Stepping spear hand strike to face
11. Stepping horse stance spinning knife hand strike
12. Guarding stance jab, reverse hook and uppercut
13. Guarding stance spinning back kick
14. Guarding stance jab reverse and hook kick
15. Front, roundhouse, side, and back kick from kneeling position
16. Cross step hook kick on pad

Kata

1. Kata Heinan 1 (and bunkai)
2. Create and understand bunkai for Kata2 with partners and perform as fight sequence

Body Skills

1. Rolling breakfall over body
2. Forward roll and pick up

Throws & Jujutsu

1. Neck throw from hook punch
2. Shoulder throw from side shoulder grab
3. Sweeping hip throw from lapel grab
4. Cross wrist lock
5. Defenses to front, roundhouse, & side kick (2 defenses for each)
6. Defend a circle for 2 minutes against a variety of grabbing attacks

Weapons

1. Demonstrate basic attacks and blocks with short stick
2. Show and explain usage of Kubotan and good alternatives
3. Demonstrate 4 Kubotan techniques in defense
4. Demonstrate 2 defenses against attacker with Kubotan or equivalent

Fitness & Stamina

1. 20 press ups
2. 10 clap press ups
3. 30 alternate double crunch sit-ups
4. 30 Squats

Knowledge

1. (Optional) Health and Safety module for NVQ

2nd Kyu – Brown Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance soft knife strike
4. Horse stance palm heel high section
5. Horse stance palm heel mid section
6. Horse stance palm heel low section
7. Horse stance hooking palm heel strike
8. Horse stance Y hand strike
9. Horse stance extended knuckle strike
10. Guarding stance spinning back kick
11. Guarding stance spinning hook kick
12. Guarding stance circular knee strike
13. Guarding stance vertical knee strike
14. Guarding stance jab reverse punch & spinning back kick
15. Guarding stance front roundhouse & spinning back kick
16. Guarding stance lead leg shin block

Kata

1. Kata Heinan 2 (and bunkai)
2. Create and understand bunkai for Kata Taijutsu 3 with partners and perform as fight sequence

Body Skills

1. Sacrifice breakfall
2. Diving rolls for height and length
3. Forward roll to backward roll to cartwheel

Throws & Jujutsu

4. Dropping spinning leg reap
5. Dropping shoulder from rear choke
6. Neck lock take down from lunge punch
7. Using full range of techniques, devise and perform 10 defenses to attacks of your choice including 5 weapons defenses

Weapons

1. 1st sword kata
2. Basic principle of the 9 sword cuts & blocks
3. Show two defenses from attacks with swords

Fitness & Stamina

1. Free sparring with protective equipment
2. Spinning back kick on shield
3. Power roundhouse kick on shield
4. 30 press ups
5. 30 sit ups

Knowledge

1. Advanced atemi points
2. (Optional) To complete on the following sections in NVQ system
 - a. Child protection
 - b. Refereeing module

1st Kyu – Brown Belt

Basics

1. Standing bow and ready position
2. Step right foot to horse stance & right punch
3. Horse stance single knuckle strike
4. Horse stance inward ridge hand strike
5. Horse stance upward ridge hand strike
6. Horse stance thumb strike
7. Horse stance bent wrist strike
8. Stepping 4 & 5 above forward and backward
9. Stepping U punch
10. Stepping reinforced in to out block
11. Guarding stance spinning crescent kick
12. Guarding stance jab reverse and switch roundhouse kick
13. Guarding stance front, roundhouse & spinning back kick
14. Spinning hook kick
15. Jumping front, roundhouse, side & back kicks

Kata

1. Kata Heinan 3 (and bunkai)
2. Create and understand bunkai for Kata Taijutsu 4, 6 with partners and perform as fight sequence

Body Skills

1. Jump obstacle to forward roll
2. Jump obstacle to cartwheel
3. Jump obstacle, spin, backward roll

Throws & Jujutsu

1. Three throws chosen on the day
2. Demonstrate 3 strangles & 1 choke technique
3. Demonstrate two sacrifice takedowns or throws
4. Devise and perform a fight sequence using at least 5 Jujitsu techniques

Weapons

1. Show attacks and blocks with a Jo
2. Show 4 techniques defending with a Jo
3. Show 4 defenses from attacks with a Jo

Fitness & Stamina

1. Free sparring with protective equipment (2v1)
2. Defend a circle from random self defense techniques
3. 10-1 pyramid of press ups and sit ups
4. Breaking techniques on breaker board

Knowledge

1. Be prepared to answer questions on the style
2. Complete coaching module