



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モーター
トントン
流
自修館柔術

BASIC ELEMENTS - KEMPO & UKEMI

The following lists of Tsuki, Geri, Kata, Dachi, Uke, and Ukemi have been split into Required and Supplementary components. While some of the techniques below are not always practiced and/or examined in isolation, they never-the-less form an integral part in the proper execution of techniques in the Syllabus. Therefore techniques in the Non-Gradeable lists are still examined when these skills are performed through the techniques of Kempo, Jujitsu and Judo.

Junior and Senior level grades shall demonstrate all skills in the Required Techniques list. Unless otherwise specified all techniques shall be practiced on both Left and Right sides.

Required Techniques for Grading: This list consists of the techniques that shall be shown in isolation during the Tsuki, Geri, Kata and Ukemi sections of a Grading. Please also note that while Dachi are not always practiced and thus examined in isolation, they never-the-less form an integral part in the proper execution of Tsuki, Geri and Kata and are a examined as part of the overall execution of these sections.

Supplimentary Techniques: The remainder forms a body of techniques have been either extracted from the main Technique Syllabus or are extensions/variations to the Kempo & Ukemi techniques. These can be practiced in isolation or as combinations within general classes to provide variety and to further develop skills. Please note however, that students may be asked to perform any of these techniques at grading to assess not only their skill but also their response to unpredicted events.

Shodan Course: Please refer to the Shodan Grading standard for the techniques to be demonstrated for this level grading.



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REQUIRED TECHNIQUES FOR GRADING

THRUST - TSUKI , STRIKE - UCHI

1. Long Twisting Punch - Seiken Tsuki
2. Fingers - (Yonhon) Nukite Tsuki
3. Heel - Teisho Tsuki
4. Knuckle - Haito
5. Full Hand (Knife Hand Block, Backhand) - Shuto Uke Haishu Uchi
6. Kung Fu Chop - Gyaku Shuto Uchi
7. Elbow - Empi Uchi, (Age, Mawashi, Gyaku Mawashi)
8. Lunging Punch with Heel - Oi Tsuki Teisho
9. Side Punch - Yoke Seiken Tsuki

KICKING - GERI

1. Front Snap Kick - Mae Keage Geri
2. Double Front Snap Kick - Nihon Mae Keage Geri
3. Side Rising Kick - Yoko Age Geri
4. Side Thrust Kick - Yoko Kekomi Geri
5. Round Snap Kick - Mawashi Geri
6. Rear (Cow) Kick - Ushiro Kekomi Geri
7. Double Round Kick - Nihon Mawashi Geri



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BASIC STEPS - KATA

First Half

- Preparatory Stance - Ready Stance
- Slide two paces to Ready Stance, Inner Block with Knuckle - Punch; L&R
- Elbow Strike; L&R
- Inner Block to side - Lower Block to side; L&R
- Slide back to a Forward Stance, Inner Block to front - Lower Block to front; L&R
- Slide forward to Ready Stance
- Lower Punch - Inner Block to side - 2 Lower Chops; L&R
- Rising Block L - Punch R - Rising Block R - Punch L
- Rear Chop with sliding step; L&R
- Slide back L foot to Ready Stance

Second Half

- X Block (L over R) - Push L - Block R - Punch L
- Slide R with R foot - L Side Rising Kick - Swing leg thru turn R 90 - Kneel on R
- Rising Block L - Punch R - Stand turn R 90 - Ready Stance - Rising Block R - Punch L
- Slide L with L foot - R Side Rising Kick - R leg down & Chop R - Knuckle L
- Slide L Leg Forward to Ready Stance
- Double Punch; L&R
- Turn L 90 Front Snap Kick R - Turn R 180 Front Snap Kick L - Turn L 90 Ready Stance
- Slide R Forward & L behind - Jump & Turn L 180 Down to L Kneel, L Reverse Elbow
- Stand Ready Stance
- Slide L Forward & R behind - Jump & Turn R 180 Down to R Kneel, R Reverse Elbow
- Seiza - Bow - Seiza - Jump to stand - Turn R 90 - Standing Bow



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BREAKFALLING - UKEMI

Higher standard stages should be demonstrated in relation to the grade level being attempted.

Shoulder Roll - Chugaeri

- Floor to Running stages

Side Breakfall - Yoko Ukemi

- Side: Floor to Jumping stages extended leg variations; or
- Side: Floor to Jumping stages flexed leg variations

Back - Ushiro Ukemi

- Back: Floor to Standing stages (Flip over variation); or
- Back: Squat to standing (Roll over variation)

Back Slam

- Head Stand or Hand Stand

Front - Mae Ukemi

- Front: Floor to Jumping stages

Rolling Side (Shodan course only)

Extensions and Variations to Breakfalls using a Kneeling or Crouching Horse

In lieu of the Head or Hand Stand

- Body Grab Roll over to Back Slam (kneeling horse only)

Extensions and Variations to Breakfalls using Standing Horse

- Leap Frog (Straddle jump)
- Leap Frog (Feet together - Shodan Course only)



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SUPPLEMENTARY TECHNIQUES

THRUST - TSUKI , STRIKE - UCHI

1. Double Long Twisting Punch - Nihon Seiken Tsuki
2. Double Fingers - Nihon Nukite Tsuki
3. Double Heel - Nihon Teisho Tsuki
4. Double Knuckle - Nihon Haito
5. Double Side Punch - Nihon Yoke Seiken Tsuki
6. Hammer Fist - Kentsui Uchi
7. Crow Peck (Back Fist Strike) - Uraken Uchi
8. One Finger Spearhand - Ippon Nukite Tsuki
9. Outer and Downward Knife Hand - Soto, Gedan Shuto Uchi
10. Open Backhand - Haishu Uchi

KICKING - GERI

1. Front Snap Kick with Leading Leg - Mae Keage Geri Mae Ashi
2. Double Front Snap Kick with Leading Leg - Nihon Mae Keage Geri Mae Ashi
3. Side Snap Kick - Yoko Keage Geri
4. Round Snap Kick with Leading Leg - Mawashi Geri Mae Ashi
5. Leaping Front Snap Kick (Drop Kick) - Tobi Mae Keage Geri
6. Inner Crescent Kick - Uchi Mikazuke Geri
7. Front Knee Kick - Mae Hizagashira Geri
8. Round Knee Kick - Mawashi Hizagashira Geri
9. Back Snap Kick - Ushiro Keage Geri
10. Side Stamping Kick - Yoko Fumikomi Geri
11. Combination Front Snap & Side Thrust Kicks
12. Combination Inner Crescent & Side Thrust Kicks
13. Back Spinning Heel Kick - Ushiro Mawashi Geri



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BREAKFALLING - UKEMI

Shoulder Roll - Chugaeri

- Aeroplane
- Ankle Grab
- No Hands

Side Breakfall - Yoko Ukemi

- Side: Shoulder Roll entry to Breakfall (with/out Guard Finish)
- Side Spin (Zip starter) (Pushup Position: Half/Three Quarter/Full/Assisted/Unassisted)
- Side Flip (Belt/Wrist throw/Unassisted/Guard Finish)
- Side: Judo Throw
- Forward Projection (for Floating Kick): Floor to Running Jump variations

Back - Ushiro Ukemi

- Rear Projection with Kicks: Floor to Standing variations

Back Slam

- Floor
- Full Flip

Front - Mae Ukemi

- Front: Two Partners
- Forward Projection: Floor to Running Jump variations

Rolling Side (Shodan course only)

Extensions and Variations to Breakfalls using a Kneeling or Crouching Horse

- Shoulder Roll as Dive Roll (Crouching horse/ Kneeling horse/Single or Multiple horse)
- Side (Assisted/Unassisted)
- Back
- Body Grab Roll over to Side (kneeling horse only)

Extensions and Variations to Breakfalls using Standing Horse

- Shoulder Roll as Dive Roll (Single or Multiple Horse)
- Side
- Full Flip
- Back



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STANCE - DACHI

The Preparatory, Open Leg & Parallel Stances are classed as Natural Stances – Shizentai

- Preparatory Stance - Heisoku Dachi
- Open Leg Stance - Hachiji Dachi (feet turned out slightly)
- Parallel Stance - Heiko Dachi (feet parallel)
- Ready or Straddle Stance - Kiba Dachi
- Forward Stance - Zenkutsu Dachi
- Back Stance - Kokutsu Dachi
- Cat Stance - Neko Ashi Dachi

BLOCKING - UKE

- Upper Block - Jodan Uke
- Outside Inward (Outer) Forearm Block - Soto Ude Uke
- Inside Outwards (Inner) Forearm Block - Uchi Ude Uke
- Lower Block - Gedan Barai Uke
- Lower Cross Block - Gedan Juji Uke
- Sliding Elbow Block - Hiji Tsuru Uke (*Equaliser*)
- Sliding Upper Block - Tsuru Jodan Uke (*Kidney Karate*)
- Outside Inward Knife Hand Block - Soto Shuto Uke (*Kempo 2, 10, 12, 16, 17*)
- Inside Outward Knife Hand Block - Shuto Uke (*Spar Tech #17, 19, 25*)
- Vertical Knife Hand Block (or Open Hand Block) - Tate Shuto Uke (*Spar Tech #2, 6, 8, 10, 11, 13, 22, 23*)
- Hammer Fist Block - Kentsui Uke (*Spar Tech # 15, 16*)
- Wing Block - Hane Uke (*Spar Tech #21*)
- Two Handed Grasping Block - Morote Tsukami Uke (*Kempo 3, 4, 5, 11, 14, 19, Ju 1, 2, 3a, 3b*)
- Circular Sole Block - Sokutei Mawashi Uke (*Spar Tech #12*)
- Pressing Sole Block - Sokuto Osae Uke (*Counter to Side Rising Kick*)