

PG DIPLOMA IN KARATE (1 YEAR)
(Eligibility for Black Belt Above II Dan)
(Any UG Degree)

PG DIPLOMA IN KARATE

PAPER I

FUNDAMENTALS IN KARATE

UNIT I INTRODUCTION

History of karate – Styles & Origins – Official dress – Stances and types – Punches and Variations - Kicks and Uses – Blocks and types

UNIT II BODY AND DEVELOPMENT

Body condition exercise – Body building exercise – Breathing exercise – Stamina exercise – Exercise for ladies and children.

UNIT III KUMITE (SHIJI)

Kumite for beginners & higher grade – Skills Improvement – Do's and Don'ts in kumite – Multiple opponents – Scoring system.

UNIT IV OFFICIAL BRIEF

Referee's and judges selection for kumite competition – Referee action and position – Score, Foul and abandoned actions – Scoring area on human body – Precaution to be taken while kumite practice.

UNIT V KUMITE FOR PRACTICE

Teaching skill for kumite training – Kumite for ladies – Defensive movements in kumite – Diverting methodology – Sports Kumite and knock out kumite – Flooring an opponent after a defense.

PAPER II

KARATE & ITS DEVELOPMENT

UNIT I KARATE IN GENERAL

Major components – Karate & aging – Karate for differently Abled – Special recognition for sports – Eye, Brain and Body.

UNIT II KARATE ORIGIN AND DEVELOPMENT

Karate – Japan – Okinawa India – Origin – Traditions and types of Karate – Karate styles practiced around the world – World martial arts view – Traditional karate and sports karate.

UNIT III SAFETY MEASURES

Aim of karate – Precaution an infrastructure required for karate schools and institutions – Indian national level coaching centre for karate practice and Indian karate leaders.

UNIT IV AFFILIATED STYLES

Shotokan style basic stance positions and kata names – Goju Ryu basic stance and katas – Shito Ryu stance and katas – Wado Ryu stance and kata methods – Shite Katas

UNIT V MODERN KARATE

Attacking methods in different styles of karate – Karate education in modern context – Misconceptions of karate – Government support on karate development.

PAPER III

ANATOMY AND WORLD KARATE FEDERATION

UNIT I HUMAN BODY FORMATION

Human anatomy and physiology – Need and scope of anatomy – Human body as an integrated whole cells, tissues organs and systems – Various systems of human body – Respiration – Lungs structure – Muscular system.

UNIT II NERVES AND GLANDS

Peripheral nerves system – Cranial nerves & Spinal nerves – Autonomic nerve system – Sympathetic division & Para Sympathetic system – Endocrine system – Pituitary glands – Thyroid – Pancreas – Cardiac cycle & Cardiac output.

UNIT III WKF INTRODUCTION

What is wkf? – Other karate styles federation – World karate tournaments – World karate champions – Sports karate tournaments – Tournament methods.

UNIT IV KATA AND KUMITE - WKF

Kata and kumite rules and regulations – Requirements for participating in a tournament – Points and score systems for kata and kumite – Precautions – Role of Referees, Judges, Arbitrator and Chief Referee.

UNIT V GOVERNMENT'S CONTRIBUTION

Indian government role on karate tournaments – Development and importance of karate tournaments – Scholarships and Govt. Aided fund for karate Championships – Karate awareness in villages – Need for development in karate teaching and competition.

PG DIPLOMA COURSE - KARATE (PRACTICAL PAPER)

Basic Techniques

1. Moving forward in Zenkutsu-dachi with Age-uke
2. Moving forward in Zenkutsu-dachi with Soto-ude-uke
3. Moving forward in Kokutsu-dachi with Shuto-uke
4. Moving forward in Zenkutsu-dachi with front kick - 3 steps
5. 3 steps round house kick - forward
6. Moving forward in Han Zenkutsu-dachi with Urken and roundhouse kick - 3 combinations
7. Moving forward in Han Zenkutsu-dachi with Ura-uchi and face front kick - 3 combinations
8. Moving forward in Nekuashi-dachi knife and block - step in roundhouse kick with double Urken and double Ura-tsuki - 3 combinations
9. 3 step forward front kick, side kick and roundhouse kick
10. 3 step forward front kick, step in front kick and jumping front kick 11.5 step roundhouse kick - 3 step side kick - 3 step kick front kick - 3 combinations
12. Moving forward in Sansin-dachi with Inner block, upper block and lower block with middle roundhouse kick - 3 combinations
13. Moving forward in Sansin dachi - Kake-uke block with Seicu-dachi and Ura-tsuki - 3 combinations
14. Moving forward in Sansin dachi-Heitho-uchi with Zenkutsu-dachi knee kick and front kick - 3 combinations
15. Moving forward in Sansin dachi - Sweep kick with reverse punch roundhouse kick - 5 combinations

KATA

1. KANKUDAI
2. BASADAI
3. SEIPAI
4. SEISAN

KUMITE

1. Opponent attack with Oi-tsuki(jodan), defend with Age-uke, counter attack with Gyaku-tsuki(chudan)
2. Opponent attack with Oi-tsuki(chudan) defend with Soto-ude-uke, counter attack with Yaku-tsuki(chudan)
3. 5 x moving forward with Oi-tsuki(jodan) and 5 x moving backward with Age-uke, after the last Ippon a counter attack with Gyaku-tsuki(chudan) follows
4. 5 x moving forward with Oi-tsuki(jodan) and 5 x moving backward with Soto-ude-uke, after the last Ippon a counter attack with Yaku-tsuki(chudan) follows
5. Opponent attack with front kick - Lower block on right side attack with front kick and round house kick
6. Opponent attack with front kick - Lower block on left side attack with middle roundhouse kick to the back and middle roundhouse kick to the front
7. Opponent attack with front kick - Inner middle block with Horse stance Urken attack to face and Leg-tap making opponent on the floor
8. Opponent attack with roundhouse kick - Block and Catch a leg to the shoulder level Leg-tap making opponent on the floor with side kick to middle
9. Opponent attack with roundhouse kick - Step back apply Ashi-barrai techniques with hand movement (punch, urken and ura-tsuki)
10. Opponent attack with front kick and roundhouse kick - Move back with block and step block apply Ashi-barrai techniques with leg movement (front kick, roundhouse kick and turning back side kick)

Reference books

1. Karate kattru kollungal – by Tamilvannan
2. The karate Do Manual – by P.M.V.Morris
3. Yogavum Vaalviyalum – by Dr.V.R.Arivazhagan
4. Advanced karate manual – by p.m.v.morris & aidan privivle
5. Muscle building for beginners – by Oscar hei denstam
6. Ninja – by Dr. masuki hutsumi
7. Shotokan karate by master funakoshi
8. Bushido – the warrior's code – by inazonitobe
9. Okinawa den goju ryu karate do – by master eichi miyazato
10. A book of five rings – by miya moto mushishi