

**KOBUDO A.S. KRISHNAMURTHY'S  
TAI-IKU-KAI SELF DEFENSE TRAINING CENTRE**

KOBUDO  
SYLLABUS FOR  
CERTIFICATE COURSE  
DIPLOMA COURSE  
P.G. COURSE

**Off : Old No.4/3, New No.11, Rajambal Street,  
T.Nagar, Chennai - 600 017.**

## PG DIPLOMA IN KOBUDO

### **Paper : 1 - Physical, Leg Work and Techniques of Kobudo**

#### **UNIT - I**

##### **HISTORY OF KOBUDO**

**Definition** - Indian and Chinese influence in Kobudo – Origin of Kobudo Weapons  
Alternative things of Kobudo Weapons – Kobudo in Okinawa Kobudo in India –  
compare with other martial arts grading and Tournament System.

#### **UNIT - II**

##### **BASIC TECHNIQUE OF KOBUDO IN BO**

Exercises in BO and JODAN NUKE (Upper Trust), CHUDAN TSUKI (Middle Punch) - GEDAN NUKE (Lower Trust) - GEDAN BARAI (Lower Circle Block) - TATE UKE (Side Way Block) - AGAE UKE (Upper Way Block) - GEDAN UKE (Lower Block) - JODAN UKE (Upper Block) - CHUDAN KAIESHE UKE - GYAKU MOCHI TSUKI (Reverse Punch) – MAWASHI BARAI (Circle Block).

#### **UNIT – III**

##### **BASIC TECHNIQUES OF SAI**

Exercises in SAI and CHUDAN TSUKI (Middle Punch) – JODAN TSUKI (Upper Punch) - GEDAN TSUKI (Lower Punch) – MOROTO JODAN TSUKI (Double Hand Upper Punch) – MOROTO GEDAN TSUKI (Double Hand Lower Punch) – YOKO TSUKI (Side Punch) – CHUDAN NUKE (Middle Poking) – JODAN UCHI KOMI (Upper Side Strike) – MAVASHI UCHI (Circle Strike) – JODAN UKE (Upper Block) – GEDAN UKE (Lower Block) – CHUDAN UKE (Middle Block) – SOTO UKE (Inner Block) – KOSA UKE (Cross Block) – MOROTO JODAN UCHI (Double Hand Upper Strike) – JODAN BARAI (Upper Open Block) – GEDAN BARAI (Lower Open Block) - MAWASHI UCHI KOMI (Circle Strike).

## UNIT – IV

### BASIC TECHNIQUES OF NUNCHAKKU

Exercises in NUNCHAKKU and JODAN UKE (Upper Block) – YOKO UKE (Side Block) – GEDAN UKE (Lower Block) – CHUDAN UKE (Middle Block) – IPPON CHUDAN UKE (One Side Middle Block) – YOKO NUKE (Side Poking) – JODAN NUKE (Upper Side Poking) – CHUDAN NUKE (Middle Poking) – CHUDAN YOKO NUKE (Middle Side Poking) – **LOCKING – THROWING – UCHI – YOKO – GEDAN – JODAN – IAYFAURY – SHOMEN UCHI – CHUDAN UCHI – GEDAN UCHI.**

## UNIT – V

### BASIC TECHNIQUES OF KAMA

Exercises in KAMA and SOTO DAISHA - UKE (Wide Outside Circle) – UCHI DAISHA - UKE (Wide Inside Circle) – SOTO KOTE - GAESHI (Outside Wrist Flip) – UCHI KOTE - GAESHI (Inside Wrist Flip) – UCHI GYAKU KOTE - GAESHI (Inside Reverse Grip Wrist Flip) – SOTOGYAKU KOTE - GAESHI (Outside Reverse Grip Wrist Flip) – SOTO DAISHA - UKE (Wide Outside Circular Block) – UCHI DAISHA - UKE (Wide Inside Circular Block).

### BASIC TECHNIQUES OF TONFA

Exercises in TONFA and CHUDAN TSUKI (Middle Punch) – JODAN UKE (Upper Block) – JODAN UCHI (Upper Strike) – JODAN BARAI (Upper Strike Block) – GEDAN BARAI (Lower Strike Block) – CHUDAN UKE (Middle Block) – SOTO UKE (Inner Block) – MAWASHI UCHI (Circle Strike) – MOROTO SOTO – UK (Double Hand Inner Block) – MOROTO JODAN UCHI (Double Hand Upper Strike) and **EIKU – TIMBE – TEKKO - Basic & Higher Techniques.**

## PHYSICAL AND LEG WORK IN KOBUDO

HEISOKO DACHI (Join Both Foot Stance) – MUSUBI DACHI (Toe Open Stance) –  
SANCHIN DACHI (Heel Open Stance) – FEDO DACHI (Ready Stance) – SESEN  
DACHI (Natural Stance) – NIHASHI DACHI ( ) – KIBA DACHI  
(Horse Riding Stance) – SEIKO DACHI ( ) – NEIKO DACHI (Cat  
Stance) – ZENKUTSU DACHI (Forward Stance) – KOKUTSU DACHI (Back  
Stance) – O-KUTSU DACHI (One Side Back Stance) – KOSA DACHI (Cross  
Stance) – IPPON ASHI DACHI (One Leg Stance).

## PG DIPLOMA IN KOBUDO

### **Paper : 2 - Fundamental Movements Of Kobudo**

#### **UNIT – I**

**BO KIHANS :** ICH-BAN – Shomenuchi (Shiko Dachi), – NI-BAN - Chudan Tsuki (Shiko Dachi), - SAM-BAN - Shomen Uchi (Shiko Dachi), Chudan Tsuki (Shiko Dachi), – YOM-BAN - Gedan Uke (Kokutsu Dachi), Gedan Nuki (Kokutsu Dachi), Gedan Barai (Shiko Dachi), Shomen Uchi (Shiko Dachi), – GO-BAN - Jodan Nuki (Zenkutsu Dachi), Chudan Tsuki (Shiko Dachi), – ROKU-BAN – Chudan Ura Uchi (Shiko Dachi), - Chudan Yoko Uchi (Shiko Dachi), – SHICH-BAN – Migi Chudan Gyaku Yoko Uchi (Zenkutsu Dachi), - Hidari Chudan Gyaku Yoko Uchi (Zenkutsu Uchi), - HUTCH-BAN – Jodan Gyaku Shomen Uchi (Zenkutsu Dachi), Kaeshi Uchi (Zenkutsu Dachi), Shomen Uchi (Shiko Dachi), - KU-BAN –Gyaku Mochi - Chudan Uchi (Shiko Dachi), Chudan Tsuki (Shiko Dachi), Kaeri Gyaku Mochi (Shiko Dachi), Chudan Tate Uke (Shiko Dachi), Mawashi Barai (Shiko Dachi), Chudan Tsuki (Shiko Dachi), - JU-BAN – Jodan Ura Uke (Shiko Dachi), Jodan Nuki (Zenkutsu Dachi), Jodan Mawashi Uke (Zenkutsu Dachi), Kaeshi Uchi (Kokutsu Dachi), - JUICH-BAN – Hidari/Migi Age Uke (Shiko Dachi), - JUNI-BAN – Renzoku Shomen Uchi (Shiko Dachi), JUSAM-BAN – Chudan Soto Uke (Shiko Dachi).

#### **UNIT – II**

**SAI KIHONS :** ICH-BAN – Moroto Gedan Uke, Moroto Jodan Uke, Koso Uke, Moroto Uchikomi, Moroto Gedan Barai - NI-BAN – Chudan Tsuki, Jodan Barai, Uchi Komi, Gedan Uke, Gyaku Chudan Tsuki, Chudan Tsuki – SAM-BAN – Yoko Gedan Barai, Gedan Uke, Gyaku Tsuki, Chudan Tsuki – YOM-BAN – Jodan Uke, Yoko Gedan Uke, Soto Uke, Chudan Tsuki.

### **UNIT – III**

**NUN CHAKKU KIHONS:** ICH-BAN – Chudan Uke, Yoko Uke, Shomen Uchi, - NI-BAN – Gedan Barai, Shoman Uchi, - SAM-BAN – Yoko Uke, Iyafury, -YOM-BAN – Chundan Uke, Jodan Nuke, - GO-BAN – Yoko Uke, Yoko Nuke.

### **UNIT – IV**

**KAMA KIHONS :** ICH-BAN – Daisha Uke, Soto Kote Gaeshi, - NI-BAN – Uchi Daisha Uke, Soto Kote Gaeshi, - SAM-BAN – Uchi Daisha Uke, Uchi Kote Gaeshi, - YOM-BAN – Uchi Gayaku Kote Gaeshi, Soto Kate Gaeshi and **KIHONS** in **TONFA, IEKU, TIMBE.**

### **UNIT - V**

#### **PHYSICAL AND MENTAL EXERCISES**

Meditation – Zen ni Rey – Breathing Exercise – Deep Breathing – Longway Breathing – Shortway Breathing – Back Pushing breathing, body condition methods.

## PRACTICALS

All UKE'S & BARAI'S IN ALL WEAPONS

BO-TAI-BO, – BO-TAI-SAI, –BO-TAI-NUNCHAKKU, – BO-TAI-TONFA.

KATA'S in BO, – KATA in SAI, – KATA'S in NUNCHAKKU, – KATA'S in TONFA,  
– KATA'S in KAMA, – KATA'S in TEKKO, – KATA'S in TIMBE, – KATA'S in EIKU.

BUNKAI in BO, – BUNKAI in SAI, – BUNKAI in NUNCHAKKU, – BUNKAI in TONFA,  
– BUNKAI in KAMA, – BUNKAI in TEKKO, – BUNKAI in TIMBE, – BUNKAI in EIKU.

TUITE in BO, – TUIE in SAI, – TUIE in NUNCHAKKU, – TUIE in TONFA, –  
TUIE in KAMA, – TUIE in TEKKO, – TUIE in TIMBE, – TUIE in EIKU.

How to use the alternative things for Kobudo Weapons. (Example : Umbrella, Bangle,  
Towel, Hairpin, Pen, Scale, Handbag, Robe, Wire, Thuppata & Kitchen things).