

**TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY
CHENNAI-6**

Name of the Course:	:	Diploma in Karate
Stream	:	Distance Education
Educational Qualification	:	Plus 2
Duration	:	One year
Medium of Instruction	:	English
Year of Commencement	:	2010 - 2011

History of Karate

Paper - I

UNIT – 1

Definition : meaning of karate – History of karate – influence of Chinese martial arts – Okinawan Karate – sports karate – weapons used – Japanese Karate – Karate in India – Comparison with other marital arts – Grading system – different Schools of karate

Unit – II

Fundamentals of Karate : The Hand and Arms as Weapons – Seiken (normal fist) – Uraken (back fist) – Tegatana (hansword) – Segatana (reverse handdord) - Nukite (piercing hand) – Variation of Nukite – Ippon nukite (one – finger piercing hand) – Nikhon – nuckie (two finger piercing hand) Keiko (chicken beak fist) Oyayubi – ippon ken – (thumb fist) – Histosathiyubi – ippon-ken (fore finger fist) – Nayakubi – ippon – ken (middle finger fist) – Tettusi (iron hammer fist) – Shotei (palm heel thrust) – Toho (sword peak hand) – Heiken (flat fist) – Koken (arc fist) – Koken (arc fist) Hiji (elbow) – Kote (forearm) – Additional upper body weapons – The Leg as a Weapon : Ashingatana (foots word) – Naka – Ashi (ball of the foot) – Seashi (Instep) – Soko – ashi (arch) – kakato (heel) – Hiza – geri (Knee kick)- Preliminary Exercises : Wrist exercise – Exercise foe the Achilles tendon – Knee exercise – Heel and ankle exercise Toe exercise – Hip exercise – Side exercise for roundhouse block – Back exercise for roundhouse block – Push _ups – Leg stretching exercise - Neck exercise – Back stretching exercise - Knee bend exercise – Flexibility exercise for the legs – Finger exercise – Chest _ to_feet exercise – Shotei – Zuke (hip exercise) –

Unit-III

Heisoku-taichi(blocked foot stances)-Musubi-taichi(open foot stance)-Heiko-taichi(parallel foot stance)-Zenkutsu-taichi(forward stance)-Kokutsu-taichi(back stance)-Fudo-taichi(ready stance)-Shiko-taichi(Sumo stance)-Kiba-taichi(horse-stance)-Sansen-taichi(fighting stance)-Tsuru-ashi-taichi(crane stance)-naka-hachiji-taichi(inner figure 8 stance)-Soto-hachiji-taichi(outer figure 8 stance)-Kake-ashi-taichi(hooked foot taichi)-Futa – ashi-taichi(two-legged stance)-Neko-ashi-taichi(cat stance)-Shumoko-taichi or Toboku-taichi(T shaped stance)

Unit –IV

Defense against hand attacks-Defense against leg attacks-Applying blocking techniques.

Application of Fundamental Techniques....

Oi-tsuki(lunge punch)-Chudan-oi-tsuki(middle body lunge punch)-Turn after Chudan-oi-tsuki(middle body lunge punch)-Chudan-gyaku-oi-tsuki(middle body lunge punch from the reverse position)-Jodan-oi-gyaku-tsuki(upper body lunge punch from the reverse position)-Chudan-soto-uke(middle body block from the outside)-Chudan-ghaku-soto-uke(middle body block from the outside from the reverse position)-Jodan-uke(upper body block)-Jodan-gyaku-uke(upper body block from the reverse position)-Zenkutsu-hiji-age-uchi(forward elbow upper thrust)-Zenkutsu-gyaku-hiji-age-uchi(forward elbow upper thrust from the reverse position)-hiji-soto-uchi(elbow thrust from outside)-Hiji-gyaku-soto-uchi(elbow thrust from the outside from the reverse position)-Sansen-tsuki(fighting blow)-Sansen-gyaku-tsuki(fighting blow from the reverse position)-Turn after sansen-tsuki(fighting blow)-Tegatana-uke(handsword block)-Turn after Tegatana-uke(handsword block)-Shotei-uke(palm heel block) Shotei _gyaku_uke (palm heel block from the reverse position) – Segatana uke (reverse handsword block) – Koken – uke (axe fist block) – kaiten – jun- tsuki (turn and thrust) – Oi-geri (Lunge Kick) : Oi _ mae_geri (front lunge kick) – Oi_mae_geri age (front lunge upper kick) – oi_yoka-geri age (side lunge upper kick) – Oi maiwashi – geri (roundhouse lunge kick) - Oi – ashigatana (lunge footsword)

Unit – V

Breathing : Ibuki – Front breathing - Back breathing - The Point and Circle – Meditation

ANATOMY AND PHYSIOLOGY

PAPER- II

Unit – I

General concept of Anatomy – Cardio Vascular System – Structure and functions – Training adaptation to the Cardio Vascular System..

Unit – II

Respiratory system – Structure and function – Mechanism to the training Adaptation to the Respiratory system

Unit – III

Muscular system – Structure and functions of Skeletal Muscles - Role of Fast twitch – Slow twitch muscles - Training to the Adaptation of Muscular System.

Unit – IV

Nervous system – Structure and function – Motor Unit – Neuro Muscular Junction.

Unit – V

Energy System – Aerobic – Anaerobic – Training adaptation to the Energy system.

Practical's:

The Point and Circle-Mawashi –uke (Roundhouse block)- Migi – mawashi – uke (right roundhouse block)-Enki – gayaku – tsuki (Reverse Thrust in a Circular Motion) - Hidari – enkei – gyaku – tsuki (left reverse thrust in circular motion) - Migi – enki-gyaku-tsuki (right reverse thrust in circular motion) - Tegatana – uke (Handword Block)- Migi – tegatana – uke (right handword block) - Hidari – tegatana – uke (left handword block)-Rhythm in karate:

Kata Different Types – Kumitite (Sparring) – Preparatory stance using morote (both hands) - Preparatory stance using Enshin (center of the circle of pinwheel) - Preparatory stance using Ryuthen (moving dragon stance) - Preparatory stance using Maeba (front part of the wing) - Preparatory stance using Birin (tail of dragon stance) – Ma-ai (Time and Space Relationship) – So-ou-ma-ai (one step) – Yudo –ma-ai (one and a half steps – Gendo – ma-ai (two steps) – sanbon – kumite (Three Form Sparring) – Sanbon-Kumitite using only the arms and hands – Sanbon-kumite using legs as attacking weapons – Ippon-Kumite (One Form Sparring) Jiyu-Kumite (Free Sparring)

Tameshiwari – The Dynamics of Tameshiwari – Materials used – Body contact areas – power and striking angle – Speed – Methods – Practicing Tameshiwari - Tameshiwari using wood boards - Tameshiwari using tiles - Tameshiwari using bricks - Tameshiwari using stones - Tameshiwari using cinder blocks –

Special Applications of Karate Techniques – Everyday Techniques for Self – defence – While shaking hands – While walking – While sitting – Self – defence techniques for a women walking – Self – defence techniques using umbrellas – Knife vs, Karate – Practicing everyday self – defence techniques wearing Gi (traditional karate costume)

International Tournament Rules and Regulation