

**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.**

DIPLOMA IN KOBUDO

Paper : 1 – Development of Kobudo

UNIT - I

HISTORY AND DEVELOPMENT OF KOBUDO

DEFINITION – HISTORY OF KOBUDO – ORIGIN OF KOBUDO –
ALTERNATIVE WEAPONS OF KOBUDO – GRADING SYSTEMS.

UNIT - II

BASIC TECHNIQUE OF KOBUDO

EXERCISE IN BO – SAI – TEKKO NUNCHAKKU – JODAN NUKE – GEDAN
UKE – MAWASHI BARAI – GEDAN UKE – JODAN UKE – AGAE UKE IN BO –
EXERCISE IN SAI – CHUDAN SUKI – JODAN SUKI – MORROTO JODAN
SUKI – MAWASHI UCHI – UCHI KOMI – KOSA UKE – EXERCISE IN
NUNCHAKKU – JODAN UKE – YAKO UKE – GEDAN UKE – CHUDAN UKE –
UCHI – GEDAN – CHUDAN – JODAN – TEKKO MOVEMENTS.

UNIT - III

PHYSICAL AND DACHI MOVEMENTS IN KOBUDO

HEISOKU DACHI – MUZUBI DACHI – FUDO DACHI – ZENKUTSU DACHI –
SEIKO DACHI – NEIKO DACHI – IPPON ASI DACHI – KOSA DACHI –
KOKUTSU DACHI.

UNIT - IV

FUNDAMENTAL MOVEMENTS OF KOBUDO

KIHANS IN BO – ICH BAN to JU BAN – SAI – ICH BAN to GO BAN –
NUNCHAKKU - ICH BAN to GO BAN.

UNIT - V

KOBUDO PHILOSOPHY – OBJECT OF BUDO – KEIKO – SHIAI – DOJO –
SENSAI - PROMOTING

DIPLOMA IN KOBUDO

Paper : 2 – Theory of Martial Arts and Kobudo

THEORY OF MARTIAL ARTS

How Martial art act an Informal agency of social control

How the individuals develop the personality development through martial art practice

How Kobudo develop the physical and mental health

How to use day today used thing as Kobudo Weapons and practical life

Short Note of : **SAKUGAWA,**

Short Note of : **YABIKU MODEN,**

Short Note of : **SHINKEN TAIRA**

Short Note of : **ESSUKE AKAMINE**

PRACTICAL

ALL UKE - BARAI - UCHI IN BO - SAI - NUNCHAKKU - TEKKO - BO - TAI -
BO - ICH BAN to GO BAN - BO - TAI - SAI - ICH BAN to GO BAN - BO - TAI
- NANCHAKKU - ICH BAN to GO BAN - KATA in BO - SAI - NUNCHAKKU -
TEKKO - BUNKAI in KATA'S.