

**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.**

## CERTIFICATE IN KOBUDO

### Paper : 1 – History and Introduction of Kobudo

#### UNIT - I

##### HISTORY OF KOBUDO

DEFINITION – MEANING OF KOBUDO – HISTORY OF KOBUDO – ORIGIN OF KOBUDO WEAPONS – GRADING SYSTEM AND PARTS OF KOBUDO WEAPONS.

#### UNIT - II

##### BASIC TECHNIQUE OF KOBUDO

BASIC EXERCISE IN BO and SAI – SHOMAN UCHI – CHUDAN SUKI – URA UCHI – GEDAN UKE – GEDAN NUKE IN BO - CHUDAN SUKI – GEDAN UKE – JODAN UKE – SOTO UKE – JODAN BARAI IN SAI.

#### UNIT - III

##### PHYSICAL AND LEG WORK IN KOBUDO

HEISOKU DACHI – MUZUBI DACHI – FUDO DACHI – ZENKUTSU DACHI – SEIKO DACHI – NEIKO DACHI.

#### UNIT - IV

##### FUNDAMENTAL MOVEMENTS OF KOBUDO

BO – ICH BAN – NI BAN – SAM BAN – YO BAN – GO BAN – SAI – ICH BAN – NI BAN – SAM BAN – YO BAN – GO BAN

#### UNIT - V

##### PHYSICAL AND MENTAL EXERCISES

ZEN – BREATHING EXERCISE – DEEP BREATHING – LONG WAY BREATHING.

#### PRACTICALS

ALL UKE BARAI – UCHI IN BO AND SAI BO – TAI – BO – ICH BAN – NI BAN – SAM BAN - BO – TAI – SAI – ICH BAN – NI BAN – SAM BAN – KATA IN BO and SAI – BUNKAI IN BO KATA – BUNKAI IN SAI KATA.