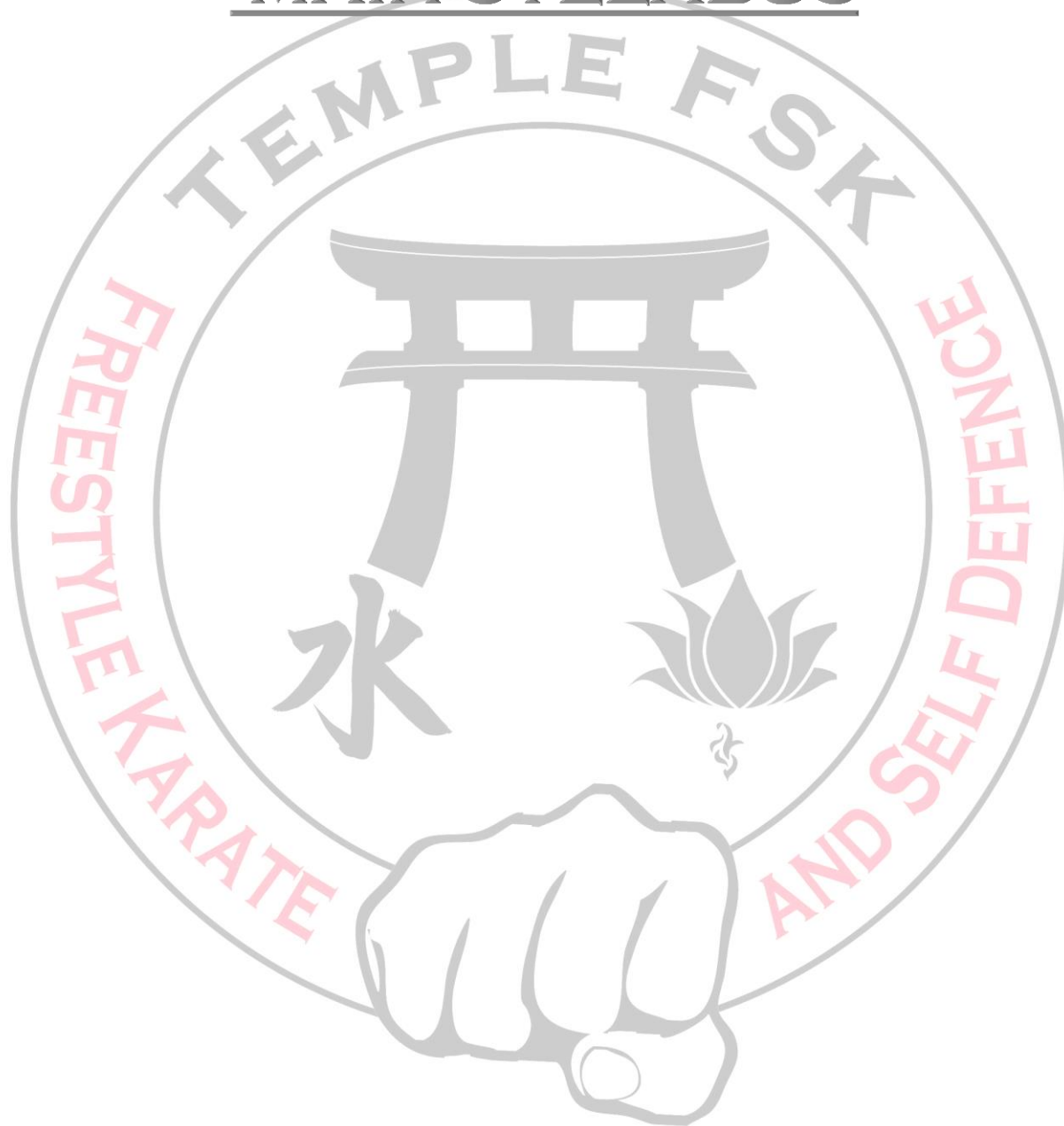


TEMPLE
FREESTYLE KARATE & SELF
DEFENCE
MAIN SYLLABUS



A note to students regarding the design behind the syllabus enclosed. I have spent many years training in a variety of styles of Karate and other forms of Martial Arts. I do not profess to be an expert but used my previous training across multiple styles to formulate the syllabus you will train to.

Many clubs have a syllabus that is rigid and remains true to its form – over many years, these techniques have been honed and perhaps ‘tweeked’ slightly, but, on the whole remain unchanged. I am not for a minute saying that this is wrong, however my aim behind this style is to allow the syllabus to grow and be changed, to adapt as time and techniques move on and develop. While the core of Temple is Karate based, there is heavy emphasis on self-defence – break away techniques and real life scenario training.

Temple Freestyle Karate & self-defence have opted to go back to basics. The idea behind this club came from talking to many colleagues with whom I have trained alongside over the years. Discussions always revolved around the same subjects: a club with good ethos, team mentality (no ego’s), wanting to improve together and share knowledge. Blending fitness, esprit de corps, with a sound Martial Arts base but incorporating many practical defence skills. The criteria being that techniques are simple to teach, easy to learn, easy to remember and quick to apply. In reality, time is of the essence, quick impact techniques – whether they be a break away / run away, or simply striking first (in the right place). Sometimes, attack really is the best form of defence. If one feels immediately under threat, a pre-emptive strike is permitted, providing it is proportionate and justifiable.

So, I found myself thinking, why not start my own club. Based around the key basic elements of Karate, adding in basic defence techniques geared around typical scenarios, throw in fitness, sparring drills and free form light defence work and I found I had the core of a syllabus. A big - and I think – key difference, is that this syllabus can and will evolve over time, allowing development where it matters.

I liken this venture to a fruit. The seed has been sown and we are starting to see the shoots of growth. Eventually it will grow to be a complete fruit. As time goes the tree will bear more and more fruit.

You, the student will be part of a club affiliated with an organisation that aims to promote keen Martial Artists to develop within a club or create their own. The International Martial Arts Sports Association (IMASA) have supported me in creating, what I believe to be an effective syllabus. My previous Martial Arts history has been verified and syllabus scrutinized to ensure what I am promoting is fit for purpose, teaches key skills and allows you – the student to develop and progress towards your black belt.

Costs will be kept to a minimum and profits (where applicable) put back into the club to provide additional equipment, awards etc. Insurance for instructors, assistant instructors and students alike are provided through IMASA. Uniform and equipment has been selected to provide necessary protection, but with cost in mind. At the time of writing, no required affiliation or rules have been set to ensure minimum conformity with specific organisations. Competitions will occur at some point in the future, at which stage protective equipment may be required to meet a specific criteria.

Temple Karate & Self Defence will actively promote evolution within the syllabus, given students the opportunity to help develop an ever evolving club – while maintaining our ethos.

Welcome to our club.

‘The best of men is like water. Water gives benefit to all things and does not compete with them’
Extract from the Tao Teh Ching

9th Kyu – RED BELT

BASICS

Hand /feet positioning –defensive stance

Fighting stance

PUNCHES/STRIKES

Stomach level punch

Head level punch

KICKS

Front kick (back leg)

Back kick (both legs)



8th Kyu – YELLOW BELT

BASICS

Lower Block

Mid area Block

PUNCHES/STRIKES

Stomach level punch

Head level punch

Back Fist

Palm Heel Strike

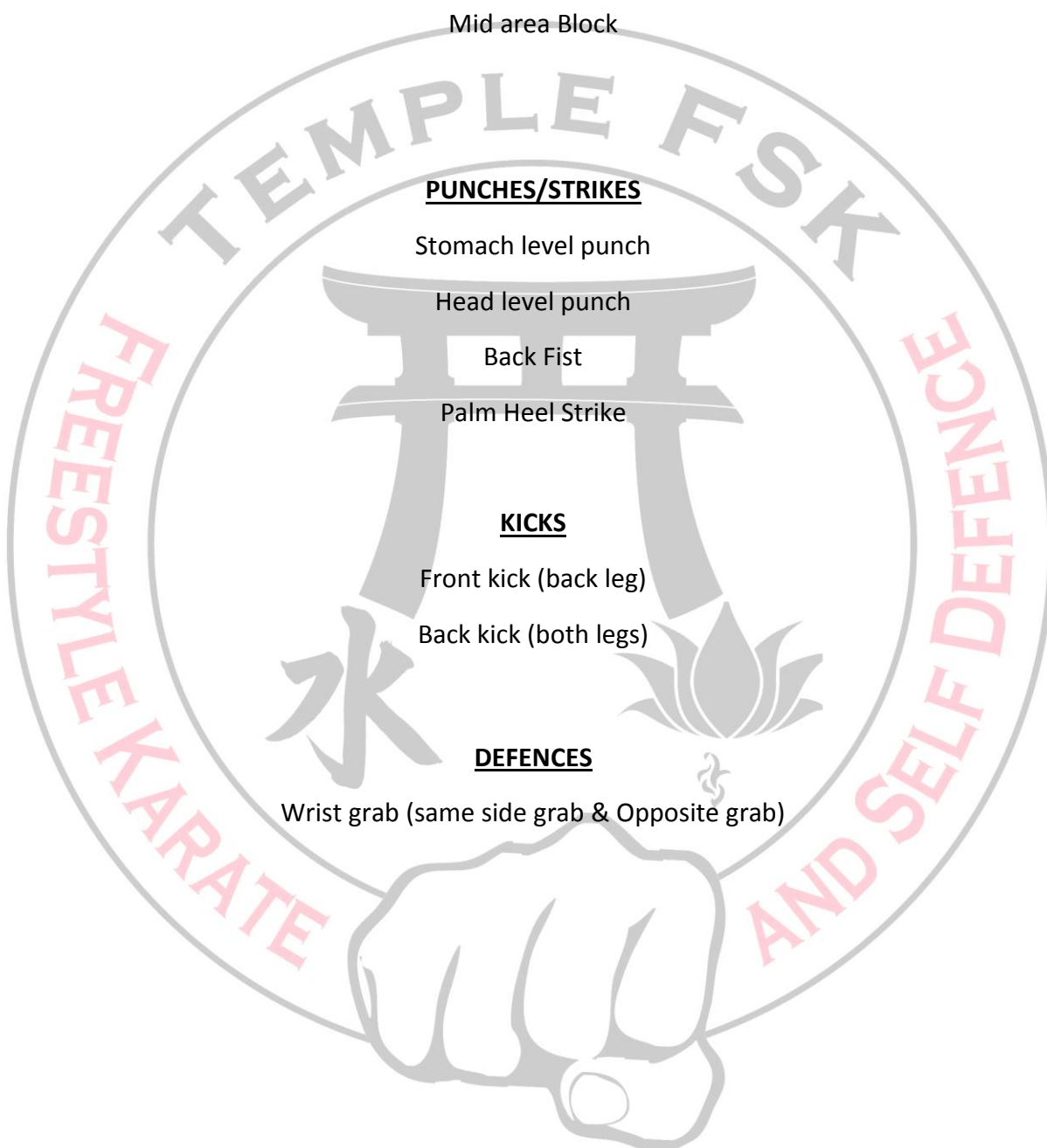
KICKS

Front kick (back leg)

Back kick (both legs)

DEFENCES

Wrist grab (same side grab & Opposite grab)



7th Kyu – ORANGE BELT

FITNESS

15 push ups
15 crunches
5 squat thrusts

BASICS

Lower Block
Mid area Block
Head level Block
Slip and counter

PUNCHES/STRIKES

Stomach level punch
Head level punch
Back Fist
Palm Heel Strike
Head level cross
Body - hook

KICKS

Front kick (back leg & Step up)
Back Kick (both legs)
Round Kick (Back leg & step up)

COMBINATIONS

Head level punch, stomach level punch, step through back fist, front kick

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away.

Wrist grab break away and Counter attack (passive/aggressive)

Head Lock break away/get away

Sparring – strike & counter only (similar opponent)

6th Kyu – GREEN BELT

FITNESS

20 push ups
20 crunches
10 squat thrusts

BASICS

Lower Block
Mid area Block
Head level Block
Slip and counter
Cross block (same side, double handed block)

PUNCHES/STRIKES

Stomach level punch
Head level punch
Back Fist
Palm Heel Strike
Head level cross
Hook – body
Hook – head
Elbow strike (head – side)

KICKS

Front kick (back leg & Step up)
Back Kick (both legs)
Round Kick (Back leg & step up)
Side strike to knee
Side kick (Back leg & step up)

COMBINATIONS

Wrist grab break away, round kick, head level punch
Front kick(back leg) step up round kick, elbow strike, palm heel strike

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away.
Wrist grab break away and Counter attack (passive/aggressive).
Head Lock break away/get away
Strangle hold (defence & counter)

Sparring – strike & counter only (similar opponent)

5th Kyu – BLUE BELT

FITNESS

25 push ups
25 crunches
15 squat thrusts

BASICS

Lower Block
Mid area Block
Head level Block
Slip and counter
Cross block (same side, double handed block)

PUNCHES/STRIKES

Stomach level punch
Head level punch
Back Fist
Palm Heel Strike
Head level cross
Hook – body
Hook – head
Elbow strike (head – side)
Elbow Strike (under jaw)

KICKS

Front kick (back leg & Step up)
Turn back Kick (both legs)
Round Kick (Back leg & step up)
Side strike to knee
Side kick (Back leg & step up)
Heel Kick
Knee Strike

COMBINATIONS

Slip & counter with hook, elbow strike, reverse elbow strike back fist, sidekick to knee, head level punch

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)

Free form sparring - Semi contact (similar opponent)

4th Kyu – PURPLE BELT

FITNESS

30 push ups
30 crunches
20 squat thrusts

BASICS

Lower Block
Mid area Block
Head level Block
Slip and counter
Cross block (same side, double handed block)

PUNCHES/STRIKES

Stomach level punch
Head level punch
Back Fist
Palm Heel Strike
Head level cross
Hook – body
Hook – head
Elbow strike (head – side)
Elbow Strike (under jaw)
Ridge hand strike (side of head / Throat)

KICKS

Front kick (back leg & Step up)
Back Kick (both legs)
Round Kick (Back leg & step up)
Side strike to knee
Side kick (Back leg & step up)
Heel Kick
Knee Strike
Crescent Kick (inside - outside)

COMBINATIONS

Freestyle – Student to demonstrate a range of strikes, kicks and blocks.

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)

SPEAR

Free form sparring - Semi contact – Light continuous (similar opponent)

3rd Kyu – BROWN BELT

FITNESS

35 push ups
35 crunches
25 squat thrusts

BASICS

Lower Block
Mid area Block
Head level Block
Slip and counter
Cross block (same side, double handed block)

PUNCHES/STRIKES

Freestyle combinations – using all strikes & punches

KICKS

Freestyle combinations – using all kicks

COMBINATIONS

Student to demonstrate use of /linking all basics (kicks, strikes, blocks, defences)

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)

SPEAR

DEMONSTRATE DEFENCE AGAINST MULTIPLE ATTACK (2 on 1)

Free form sparring - Semi contact – Light Continuous (Dan grade opponent)

2nd Kyu – Brown/White

FITNESS

40 push ups
40 crunches
30 squat thrusts

BASICS - Advanced

Lower Block - strike
Mid area Block - strike
Head level Block - strike
Slip and counter strike & kick technique
Cross block (same side, double handed block) counter with take grab & take down

PUNCHES/STRIKES

Freestyle combinations – using all strikes & punches

KICKS

Freestyle combinations – using all kicks

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)

SPEAR

CONTROL & RESTRAINT

Arm entanglement

DEMONSTRATE DEFENCE AGAINST MULTIPLE ATTACK (2 on 1)

Free form sparring - Semi contact – Semi Contact 1x3 minute round (Dan grade opponent)
Semi contact Light Continuous (additional opponent)

Additional grading requirement

Student must demonstrate the ability to commence instructional duties – including warm up session at start of class & assisting with instructing junior grades.

1st Kyu – BROWN/BLACK BELT

FITNESS

45 push ups
45 sit ups
30 squat thrusts

BASICS - Advanced

Lower Block - strike
Mid area Block - strike
Head level Block - strike
Slip and counter strike & kick technique
Cross block (same side, double handed block) counter with take grab & take down

FREESTYLE

Combination techniques using hands & feet

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)
SPEAR

CONTROL & RESTRAINT

Arm entanglement
Goose neck (front position & arm pit)
Straight arm bar take down

DEMONSTRATE DEFENCE AGAINST MULTIPLE ATTACK (2 on 1)

Free form sparring - Semi contact 2 x 3 minute rounds (Dan grade opponent)
Semi contact 1 x 3 minute round (additional opponent)

Additional grading requirement

Student must demonstrate the ability to commence instructional duties – regularly leading class
(supported by senior instructor)

1st Dan BLACK BELT

To qualify for Dan Grading, students must have held 1st Kyu grade for min 1 year period & completed a coaching course and/or first aid course prior to commencing grading. (Both coaching & first aid courses must be completed within 12 months of reaching Dan grading)

FITNESS

50 push ups
50 crunches
30 squat thrusts
Complete 1 mile run in under 12 minutes

BASICS - Advanced

Lower Block - strike
Mid area Block - strike
Head level Block - strike
Slip and counter strike & kick technique
Cross block (same side, double handed block) counter with take grab & take down

FREESTYLE

Combination techniques using hands & feet

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)
SPEAR
Defend against attack from prone position (return to feet)

CONTROL & RESTRAINT

Arm entanglement
Goose neck (front position & arm pit)
Straight arm bar take down
Figure 4 leg lock

DEMONSTRATE DEFENCE AGAINST MULTIPLE ATTACK (2 on 1)

Free form sparring - Semi contact 3x3 minute rounds (Dan grade opponent)
Light continuous (Dan grade opponent)

Additional grading requirement

Student must demonstrate the ability to commence instructional duties – regularly leading class (supported by senior instructor)

2nd Dan BLACK BELT

To qualify for 2nd Dan Grading, students must have held 1st Dan status for a minimum of 2 years.
1st Dans must be in possession of Coaching and First Aid certification. They must also be taking an active role in club administration & promotion

FITNESS

50 push ups
50 crunches
30 squat thrusts
Complete 1 mile run in under 12 minutes

BASICS - Advanced

Lower Block - strike
Mid area Block - strike
Head level Block - strike
Slip and counter strike & kick technique
Cross block (same side, double handed block) counter with take grab & take down

FREESTYLE

Combination techniques using hands & feet

DEFENCES

Wrist grab (same side grab & Opposite grab) Break away/get away
Wrist grab break away and Counter attack (passive/aggressive)
Head Lock break away/get away
Strangle hold (defence & counter)
Collar grab from front (restrain and counter)
Parry and take down (head strike/punch)

SPEAR

Defend against attack from prone position (return to feet)

CONTROL & RESTRAINT

Arm entanglement
Goose neck (front position & arm pit) **TECHNIQUES TO ADD TO THIS SECTION**
Straight arm bar take down
Figure 4 leg lock

Demonstrate defence against multiple attack (advanced) 2 on 1
Demonstrate ground work techniques

Free form sparring - Semi contact 3x3 minute rounds (Dan grade opponent)
Light continuous (Dan grade opponent)

Additional grading requirement

It is also expected that prior to 2nd Dan grading, candidates are demonstrating understanding of the human skeleton, are aware of pressure points within the body and can identify muscle groups.