

Hickey Karate Center

Black Belt Examination **Material & Study Guide**



Part 1

Hickey Karate Center
4540 Stow Road
Stow, Ohio 44224

Phone 330-686-4540
Fax 330-686-1620
email shihan@hickeykaratecenter.com

www.hickeykaratecenter.com

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Instructions

Hickey Karate Center Black Belt Examination Material and Study Guide is in two parts. Part I contains information on black belt testing, various rank class plans, historical information as well as study guide and other notable material as well as the Kwanmukan Black Belt Examination in answer format.

Part II contains all the forms needed to be completed for the various black belt ranks. These forms need to be completed and turned in as appropriate well in advance of the actual test date.

The Hickey Karate Center Teaching Requirements for Advanced Rank and The Request for Black Belt Testing should be turned in 6 months in advance of the test date. You need to keep a copy of the Request for Black Belt Testing as the Kwan Bu and Ebo will most likely be refined as the test date appears.

The Hickey Karate Center Junior Black Belt Program form must to be completed and turned in 30 days out from the black belt test. All points claimed are to be shown on the form for verification and acceptance by Hickey Karate Center.

There are two black belt test applications. The first is for the Kwanmukan and must be completed and turned in with the appropriate testing fee at least 60 days in advance of testing. The second is for the Central Taekwondo Association and is optional. If CTA certification is desired, this form should be completed and also turned in 60 days in advance with the appropriate certification fee.

Six months out from the Black Belt test all candidates must have a Karate Promotional Assessment completed by a senior instructor. A form for this is provided. The purpose of this form is to identify areas of strengths and weaknesses so that you can focus your preparation for the testing. You should keep a copy of this form for your reference as you prepare for the test.

The last two forms are the Hickey Karate Center Black Belt Exam and the Kwanmukan Black Belt Exam. It is strongly suggested these two written tests be completed and turned in as soon as you become a brown belt. This will make your preparation easier.

Kwanmukan Precepts

A strong, consistent internal standard that is quantifiable, integrated and related. Applying psychological philosophy to metaphysics by incorporating the circle and point theories of kata bunkai thus avoiding the constrictions of linearity of study and the limitations of sport karate.

Salutation of the Kwan Mu Kan kata

I clear my mind, close the senses, and come awake to the unity of thought through action.
(I clear my mind, prepare my body, set my attitude.
I, nor my kata, will never be the same again.)

Koan of Kwan Mu First Effort

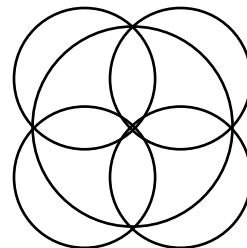
If one anticipates, who has made the first attack?

Koan of Kwan Mu Second Effort

If the purpose of an attack is to avoid any block,
and the purpose of a block is to resist any attack,
how can you do both?

Koan of Kwan Mu Third Effort

To be is to see.
To see is to know.
To know is to be.
If then what have you ?
It is already too late! ?

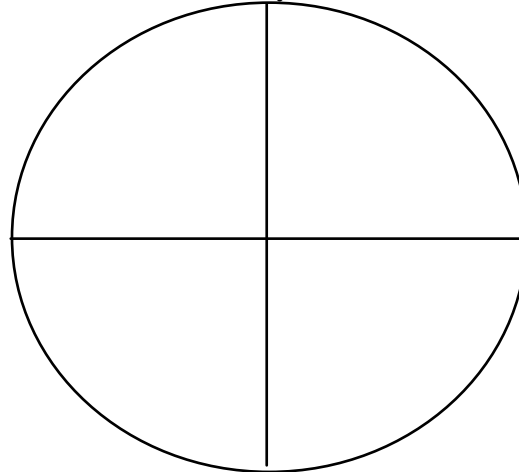


Thirty Spokes form the hub of a wheel, but the use of the wheel is the part that is empty.

Fundamental Overview and Style Observations

Note that there are only four winds. The four styles represent the four sections of a plane graph and reference to three sections represents the mean and the extremes.

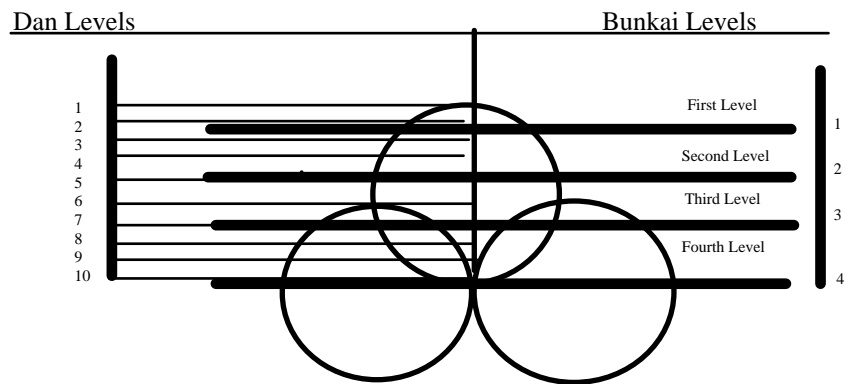
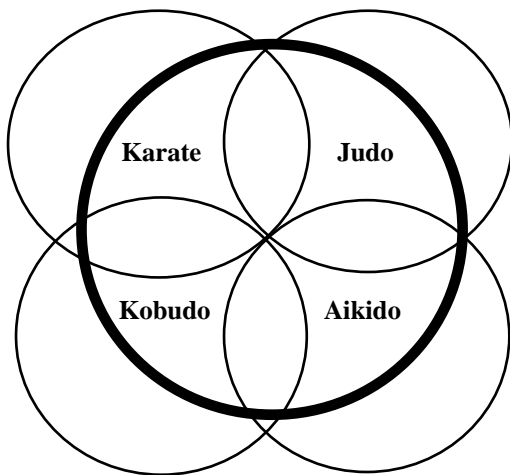
North of China - Horsemen
Migrated to Shuri area of Okinawa
Became Shorin, now Shotokan
Funakoshi, Takagi, Shoji, Itoh,
Nakayama



In a sense combined with kobudo.
Became Shito
Mibuni, Hayashi, Manzo, Iwata

In a sense combined with ju-jitsu.
Became Wado
Otsuka, Aizawa, Arakawa, Hakoishi

South of China - Boatmen
Migrated to Naha area of Okinawa
Became Goju
Miyage, Uchiagi, Yamaguchi



KWAN MU KAN STYLES

- | | | |
|--|--|--|
| <ol style="list-style-type: none"> 1. USA Karate 2. PanAmerican Union 3. of Karatedo Organizations 4. World Union of Karatedo Organizations 5. Taiho Jitsu 6. Shotokan | <ol style="list-style-type: none"> 7. Goju 8. Shito 9. Wado 10. Kobudo 11. US Judo Association 12. International Jujitsu 13. Aikido | <ol style="list-style-type: none"> 14. Taekwondo 15. Song Moo Kwan 16. Chang Moo Kwan 17. Kang Duk Won 18. Yoeng Moo Kwan 19. WuShu 20. Kenka |
|--|--|--|

The Kwanmukan Style (“Shoto Kihon”)

Proper stances, back and front, and relationship of best back stance to longest allowable front stance. Moving from far back to far front slowly, the big muscles first and then with a powerful snap. Transferring this action to mat hitting, taking care to increase the measure of the distance hara moves

Basic Line Drills with emphasis on concentration of power.

Utilizing the waist by complete twist and the complete pulling to chamber while thrusting out with the opposing arm

Patterned breathing

Zazen and counted breath and the pulse breathing

Carry concepts to Ippon Kumite

Waza

All line techniques done slowly

All line techniques done fast with out countering

All line techniques done fast with countering

Principles of the Kata Jion:

On the linear throw, the hara locus is flat and snappy with the proper waist cant, on the lateral movements, the body does not throw but drops and rises to the stance providing a different rhythm and distancing method. All techniques are thrown from the hara and the stance drivers, the knees do not shift to favor the hand techniques.

Principles of the Kata Kwanku-dai: (Kusanku, Kong San Ghoon)

On the linear throw, the hara's locus is a flat and snappy linear thrust with the proper waist cant contrasted sharply with a strong throw on a downward and forward slant, hooking at the inception of the segment. and rising to natural relaxation on the completion. No pre-action or anticipatory action should be present and on the turns, no gates are opened to attack. On the lateral movements, the body does not throw but drops and rises to the stance providing a different rhythm and distancing method. All techniques are thrown from the hara and the stance drivers, the knees do not shift to favor the hand techniques. Time, about 1' 15".

Four conceptual kata training methodologies

1. Slow and with pressure "legato"
2. Fast and with full power "staccato"
3. Fast and loose, relaxed for rhythm
4. The form at the proper tempo

KWAN MU KAN STYLES

- | | |
|----------------------------------|--------------------|
| 21. USA Karate | 30. Kobudo |
| 22. PanAmerican Union | 31. US Judo Assn |
| 23. of Karatedo
Organizations | 32. World Jujitsu |
| 24. World Union | 33. Aikido |
| 25. of Karatedo
Organizations | 34. Taekwondo |
| 26. Shotokan | 35. Song Moo Kwan |
| 27. Goju | 36. Chang Moo Kwan |
| 28. Shito | 37. Kang Duk Won |
| 29. Wado | 38. Yoen Moo Kwan |
| | 39. WuShu |
| | 40. Kenka |

Rank Indications and Insignia Designations

Sensei - Minimum Rank is sandan. Commitment to teaching at the dojo is a major part of the designation. Not all Sandans become Sensei as not everyone desires to teach. Sandans should not be concerned if they are not a dojo Sensei. This will not affect future training or promotion. Sensei will wear the Kwanmukan kanji

Sandan - When the rank of Sandan is achieved, the black belt will wear Kwanmukan patch designated for Sandan on his left breast.

Nidan - When the rank of Nidan is achieved, the student will wear a small black Kwanmukan patch on their left sleeve.

Shodan- When the rank of Shodan is achieved, the student will wear the Kwanmukan Black Belt patch and a Black Belt.

Shodan-Ho - When the rank of Shodan-Ho is achieved, the may wear the Kwanmukan low rank patch and a Black Belt.

Hickey Karate Center Sensei:

Tim Norfolk, Senior Sensei

David Lang, Sensei

Jim Winkleman, Sensei (Also Summit Academy Shihan)

Butch Acken, Sensei

Joel Kupfersmid, Sensei JuJitsu Program

Robert Burns, Sensei Karate (Also Sensei Western Reserve Karate)

Chuck Rickard, Sensei Karate Program (Also Sensei Summit Academy)

Gregory Shreve, Sensei Iaido and Jodo Program

These designations affect our dojo only and may not be the same as other Kwanmukan dojo.

Hickey Karate Center Creeds

Dojo Karate Creeds

- I will avoid all things that could possibly reduce my mental growth or physical health.
- I will develop self-discipline and I will never forsake a task once undertaken, until it is completed to the best of my ability.
- I will always strive to bring out the best in myself and in others.
- I will always show respect to my parents, to those senior to me, and to those less fortunate than myself.
- I will always honor my word and my commitments.
- I will only use karate constructively and defensively, to aid my fellow man, and to better the world around me.

Karate Creeds II for Youth Classes

- I avoid anything that hurts my mind or body.
- I will finish what I start the best I can.
- I will do my best and encourage others to also do their best.
- I will obey my parents and teachers, and I will help others in need.
- I will do what I say and always tell the truth.
- I will only use karate to protect those in need.

Marks of a Superior Kwanmukan Yudansha

- Attends all Kwanmukan yudansha events, continually learning and following regulations.
- Demonstrates congruity, balance, harmony, appropriateness.
- Maintains high self-esteem and trust and earns respect and admiration of others.
- Has the ability for total commitment .
- Shows respect for seniors.
- Loves and respect the family and the native country.
- Has honor , integrity and loyalty.
- Possesses the ability to listen before speaking.
- Possesses steel-like inner strength, superior physical development and shows fluidity of motion with cat-like speed.
- Terrific physical development.
- Possesses formidable self-defense skills and is able to confront a hostile world and survive in any kind of society.
- Shows dignity, respectability, and always conducts themselves well.
- Demonstrates unification of power and neutralizes harmful influences others try to exert.
- Wears good, clean heavy-duty instructor’s gi when teaching and at all other Kwanmukan functions or wears a suit and tie or proper team gear.
- Is always well-groomed.

Ten Unifying Principles of the Kwan Mu Kan	Four Elements Inherent in Kwan Mu Kan Kihon
• Appropriate Power Transference	• Extension
• Go No Sen / Sen No Sen	• Centering
• Toughness (Body Conditioning)	• Closing the Gates
• Suddenness	• Posture
• Maximum Hara Movement	Four Fundamentals Principles of Karate Waza
• Control Blinking	• <i>Atemi Waza</i> - Vital Stroke
• Harmonious Breath	• <i>Kime</i> - Concentrated application of the mind, body, and weapon. (skill)
• Proper Chambering	• <i>Maii</i> - Interval as related to distance and timing.
• Lack of Stubbornness (perceptual rigidity)	• <i>Zanshin</i>
• Each Effort Is Maximum	1. Utterly cutting down.
•	2. Impenetrable posture.
•	3. Remaining mind.
•	4. Extension of the (ki) spirit.

Basic Outline of Karate Practice

Exercises			
	Warm-ups (Calisthenics)	Raise body temperature	Cardiovascular
	Stretching	Strengthen ligaments and tendons	Makes a strong and graceful body
Kihon - Basics			
	Basic individual technique		
	Combinations		
	Kihon Kata		
	Kwon Bop (relationships)		
	Use of Equipment	Mats, Bags, Kicking shields, etc.	
Self Defense - Goshin Jitsu			
	Releases, etc.	Break falling	Two roles - uke and tori. Both must do their part
Formal Kata			
	Taikyoku, Heian, etc.		
	Kwan Bu Kata		
	Kwan Kong Chang Kwon		
Kumite			
	Ippon Kumite - 10 basic, Anderson 32, Double Counters, Semi-free	Ten no Kata Omote another example	Attack/Defense-Must do both roles correctly
	Jiju	Random practice.	Display technique
Esoteric			
	Meaning of karate		
	Dojo Rules and procedures		
	Language Requirements, etc.		
Cool Down	Lower heart rate, stretch		Reduces muscle soreness

In pre-arranged kumite, it is important for both the attacker and defender to work together helping each other so that both improve. If the uke attacks incorrectly, the tori cannot practice correctly and can learn incorrect technique.

Using Goal Setting to Improve Your Karate

Goals

<i>Immediate</i>	<i>Short Term</i>	<i>Intermediate</i>	<i>Long Term</i>
Class Goals - Specific things to work on in class	Test Cycle	1 Year	Life Goals
Set 3 to 5 things that you want to work on during class - be specific. For example - bending knees in kidadachi, picking up the knee on a front kick	Two to 4 months between tests for most students	What you want to accomplish in one year.	Why you keep training in karate
For Low Ranks these things should improve technique for next test	Reaching the next rank	For most young beginners this would be 3-4 tests per year. For older students 5-6 tests per year.	For most Low ranks this will be earning the brown or black belt
For High Ranks - should be things that improve your technique	Improvement of Technique	Improvement of kata-chi.	Improvement of quality and quality of life, teaching, earning higher black belt rank

How to determine your immediate goals.

We have seen how to reach our life goals. Successful life goals start back at the immediate goals we set for ourselves during class. By being tenacious in setting and following up on our immediate goals, we will reach our life goals. Thus the crucial point is to discipline ourselves during each class to improve some aspect of our technique. In order to determine what our immediate goals are, we need to figure out our weaknesses. The best way to do this is to sit down and list your 10 worst things. These should be specific. They should not be just front stance, but the part of the front stance that needs correcting - foot position, raising the knee and so forth. You may need to watch yourself in a mirror or have a higher ranking student look at your technique and make suggestions. Once you have figured out your 10 worst things, order them from one to ten. One should be the very worst. The top 3-5 items should be your immediate goals. After working on these immediate goals for a time, review the list and see if you need to make changes either in the order of the list or in what is on the list. Then again attack the items that become the very worst. The idea is that by working on the worst, these worst things improve and other things become more immediate concerns. This constant on-going determination of your class goals becomes the cornerstone to reaching your life goals because after every class you can be one step closer to reaching them.

Why is goal setting important? As a martial artist you want learn to everything. The greater your knowledge as a martial artist, the greater the skill and ability to protect yourself and those you are responsible for (family, country.) This is to say, that your survival and that of your family and loved ones could depend on what you learn. If you miss something or ignore it, you can be defeated and those you are responsible for can be harmed. That is failing your duty as a martial artist. Now it is impossible to win all the time and you can perform well and lose. If you have tried your best to learn and used all your skills and lose, then you can be satisfied within yourself that you have given your best. What martial arts teach is the ability to be tenacious and enter into a situation with out fear of winning or losing, just doing your best.

Performance plateau problems. At higher levels, performance plateaus can be created. These can occur inadvertently. Knowing when and how these can occur is important to improve your practice of the martial arts. Developing the hands can work in opposition to developing the feet. Improvements in flexibility in kicking can negatively impact on stances. Practice of one thing can cause other things to suffer. So you must continuously be evaluating and changing your technique to reach a balance. If you work on the hands, you will improve your hands and your kicking will go down hill. So you change to fix your kicking your stances can suffer. Each time, however, you should make sure that you never return to the prior point. That is, as your kicking goes forward, you want to keep the rest of your technique from retreating to a lower level then previous. Each time you take two steps forward, you do not want to take more then one step backwards. If you work on your stances and allow your kicking to return to pre-stance improvement levels, you will not feel that you advanced. If you turn around and fix your kicks back to where they were and your stances return to the previous level, you have gained nothing. This is how goal setting, when is not done correctly, will cause you to plateau out for a while and not get any gains. Awareness of this push-pull between the various uses of the body can help identify a plateau problem early on and give you a warning to fix or avoid a training plateau.

Requirements for a Dynamic Karate Exercise Program Aerobically Oriented

A dynamic karate fitness program has four essential features:

- flexibility
- cardiovascular
- muscle strength and endurance
- satisfaction or enjoyment

To achieve these features, the karate workout should have four parts:

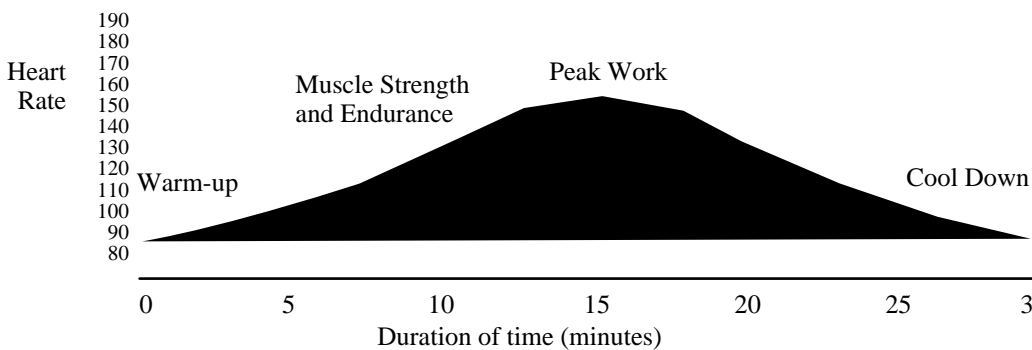
- warm-up
- muscle strength and endurance
- peak period (which can include the endurance component)
- cool-down period.

Warm-up The warm-up prepares the body for increased activity by opening up blood pathways increasing blood flow and raising the temperature in the muscles and heart. This increases the speed of muscle contraction and relaxation and facilitates energy supply to the other muscles of the body

should be allowed for muscular strength and endurance. Exercises should be vigorous and done in a continuous manner. Consideration should be given to increase strength and endurance in those muscle groups that are important in karate or are not exercised in the peak period.

Peak Period The peak period cardiovascular component is very important and at least 15 minutes should be spent on it. Aerobic capacity can be improved by 20-30%. Peak work improves cardiovascular fitness by raising the target heart rate to 85% and burns calories through continuous movement. Three objectives of the peak period are cardiovascular conditioning, calorie expenditure, and fun. The peak workout may include interval training - high intensity activity interspersed with periods of reduced activity. Control the intensity, duration and frequency. Emphasis is on speed. Participants work relatively hard and then taper off at intervals. Circuit training can also be used. A certain number

Workout Progression



of repetitions are performed for each exercise. Each exercise is completed correctly but as rapidly as possible. You move from one station/exercise to another as quickly as possible without a pause. You can and should try to have three laps through the circuit and work toward the target heart rate. We want a high intensity short duration workout. Exercise should be non-stop, bilateral, and rhythmical.

allowing more rapid exchange of oxygen between the blood and muscles. It prepares the joints by increasing elasticity in the muscle and tendons reducing strain. Faster reception of messages sent from the brain and better psychological preparation also come about. During class, five to seven minutes should be allowed for the warm-up which includes calisthenics, joint preparation, stretching using where possible karate specific movements. The warm up should graduate in progress until the heart rate increases about 40%.

Muscle Strength and Endurance Muscle strength and endurance exercises tone the muscles and improve strength by building muscle mass while burning up calories. The more your muscle mass, the more calories you burn. High resistance, low repetition work is used for muscle strength. It is best to overload the muscles such that only 8-10 repetitions of the exercise can be done. Muscle endurance requires low resistance, high repetition exercises. Muscle endurance is often part of the peak workout so we suggest you concentrate on muscle strength during this part of the workout which can come before or after the peak workout. Five to seven minutes

Cool Down The cool down helps prevent injury and allows the body to return to normal by clearing out body wastes. During the cool down period relaxation exercises reduce blood pressure, calm and relax the body reducing muscle tension and fatigue and return the heart rate and breathing rate to pre-exercise levels. Static flexibility counteracts the ballistic movements and prevents post exercise muscle soreness as well as increasing flexibility. If you cool down too quickly, the blood can pool in the muscles and veins and light headedness can occur.

There are core exercises that should be practiced every class. What are they? Core exercises should provide for consistency allowing anyone to lead the class, help the participants measure improvements, exercise all the major muscles in the body, and be as karate specific as possible.

The goal is a karate physical training program, not a fitness test or competition. Not everyone can do the same thing you can or perform at the same level. Your job is not to exercise yourself, but to exercise the class.

Abdominal Workout

1) Abdominal Curls

- a Strengthen Rectus Abdominus - Frontal Midsection
- b Squeeze Tight, put hands on midsection and feel muscles work. Do not flex neck.

2) Alternate Oblique Curls

- a Strengthens External and Internal Oblique - Lateral Midsection
- b Lay on side, keep muscles tight. Put lower shoulder into upper knee. knees are together, but up off the floor. Do not flex neck, but can support head.
- c Do on both sides.

3) Dual Torso Curls

- a Rectus Abdominus and Transverse Abdominus - Frontal Midsection
- b Lay on back, ground feet to the floor. Spread knees apart feet together. Raise up (crunch) both knees and shoulders.

4) Reverse Torso Curls

- a Rectus Abdominus and Transverse Abdominus - Frontal Midsection
- b Lay on back feet on floor, knees and feet together. Keep feet off the floor and curl knees only.

5) Back Extensions

- a Erector Spinae
- b For trunk Strength and stability
- c Lay on stomach and slightly extend head and shoulders

6) Stretching Exercises before and after

- a lay on back, grab knees and curl
- b pull up each knee then extend leg
- c Lay on side top knee up and twist top shoulder back to the floor
- d Lay on stomach, put arms out front and extend back
- e Pull back from extension, knees apart and on floor, arms straight out and on floor
- f Neck - six ways - side/side, Front/back, Twist/twist

12th and 11th Kyu Orange Belt

1. DEMONSTRATE STANCES: *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance.</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>

2. DEMONSTRATE KICKS: *Keri-kata*

Front Leg Lift	Mae-geri	<i>front kick</i>
Side Leg Lift	Mawashi-geri	<i>roundhouse kick</i>
	Yoko-geri	<i>side kick</i>

3. DEMONSTRATE HAND TECHNIQUES: *Te-waza*

<i>Uke-te - hand blocks</i>			
Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Juji-uke	<i>X-block</i>
Gedan Barai Uke	<i>low sweeping defend</i>		
<i>Tsuki-te- hand attacks</i>			
Seiken	<i>regular fist</i>	Gyaku-tsuki	<i>reverse punch</i>
Uraken	<i>Backfist</i>	Oi-tsuki	<i>lunge punch</i>
Shuto	<i>sword hand</i>	Sonoba-tsuki	<i>basic punch</i>

4. DEMONSTRATE 4 IPPON KUMITE (*Formal One-Step Sparring*)

The following are recommended

Chose from a punch, front kick, side kick, and roundhouse kick to left or right sides.

5. EXECUTE 4 RELEASES:

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side

6. KATA REQUIREMENT

1. Taikyoku Shodan
2. Kwan Bu Level One - Basic Technique

7. LANGUAGE REQUIREMENTS

1. Count to ten in Japanese.
ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.
2. *Sensei* - instructor, *Yame* - stop, *Yoi* - ready, *Hajime* - Begin, *Kiai* - spirit yell
3. *Rei* - Bow, *Hai* - yes, *Waza* - technique, *Dojo* - Training Hall, *Karate* - empty hands.

8. Knowledge of Class Procedure

Bow in and bow out procedure	How to address the instructor
How to sit in class	How to stand in class
Ability to concentrate	Ability to follow directions
How to get along with classmates	Ability to be a good partner
Interest and attentiveness	

9. Knowledge of Class Exercises

Ability to follow and perform the class exercises
Kwan Bu exercises appropriate for rank.

10th and 9th Kyu Gold Belt

1. DEMONSTRATE STANCES: *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>

2. DEMONSTRATE KICKS: *Keri-kata*

Front Leg Lift	Mae-geri	<i>front kick</i>
Side Leg Lift	Mawashi-geri	<i>roundhouse kick</i>
	Yoko-geri	<i>side kick</i>

3. DEMONSTRATE HAND TECHNIQUES: *Te-waza*

Uke-te - hand blocks

Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Juji-uke	<i>X-block</i>

Tsuki-te- hand attacks

Empi	<i>elbow</i>	Gyaku-tsuki	<i>reverse punch</i>
Nukite	<i>spear hand</i>	Oi-tsuki	<i>lunge punch</i>
Seiken	<i>regular fist</i>	Shuto	<i>sword hand</i>
Sonoba-shuto uchi	<i>knifehand strike</i>	Sonoba-tsuki	<i>basic punch</i>
Uraken	<i>Backfist</i>	Heito	<i>ridge hand</i>

4. DEMONSTRATE 10 IPPON KUMITE (*Formal one-Step Sparring*)^{*}

The following are recommended

1. Two Front kick - right and left
2. Two Side kick - right and left
3. Two Roundhouse kick - right and left
4. Two Punching - right, lunge and reverse on a radius to target
5. Two Punching - left, lunge and reverse on a radius to target

5. EXECUTE 4 RELEASES:

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side

6. DEMONSTRATE Star Exercises and Wrist Press

1. Wrist Press Exercise^{*}
2. Three Star Exercise^{*}
3. Two Star Exercise^{*}
4. Five Star Exercise^{*}

7. KATA REQUIREMENT

1. Taikyoku Shodan, Nidan, Sandan
2. Heian Shodan^{*}
3. Kwan Bu Level Two - Basic Combinations
4. Kwan Bu appropriate for rank

8. LANGUAGE REQUIREMENTS

1. Count to ten in Japanese: *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju.*
2. *Sensei* - instructor, *Yame* - stop, *Yoi* - ready, *Hajime* - Begin, *Kiai* - spirit yell
3. *Rei* - Bow, *Hai* - yes, *Waza* - technique, *Dojo* - Training Hall, *Karate* - empty hands.

^{*} Required for 9th Kyu Gold Belt

8th and 7th Kyu Blue Belt

1. DEMONSTRATE KIHON

A. DEMONSTRATE STANCES *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>
Shiko-dachi	<i>sumo stance</i> •	Neko-ashi-dachi	<i>cat stance</i> •
Fudo-dachi	<i>immovable stance</i> •		

B. DEMONSTRATE KICKS (*Keri*)

<i>Types</i>	<i>Exercizes</i>	<i>Application</i>
Kekomi - <i>Thrust</i>	Front Leg Lift	Mae-geri - <i>Front Kick</i>
Keage - <i>Snap</i>	Side Leg Lift	Yoko-geri - <i>Side Kick</i>
		Mawashi-geri - <i>Round House Kick</i>
		Ushiro-geri - <i>Back Kick</i>

C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

<i>Uke-te - hand blocks</i>			
Age-uke	<i>high defend</i>	Soto-uke	<i>outside-inside defend</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Juji-uke	<i>X-block</i>
<i>Tsuki-te- hand attacks</i>			
<i>Tzuki (Thrusts)</i>			
Sonoba-tsuki	<i>basic punch</i>	Uraken	<i>Backfist</i>
Oi-tsuki	<i>lunge punch</i>	Sonoba-shuto uchi	<i>knifehand strike</i>
Seiken	<i>regular fist</i>	Shuto	<i>sword hand</i>
Gyaku-tsuki	<i>reverse punch</i>	Heito	<i>ridge hand</i>
Nukite	<i>spear hand</i>	Kentsui	<i>hammer fist</i>
<i>Ate (Smash)</i>			
Empi	<i>elbow</i>		

2. DEMONSTRATE KUMITE

A. TEN IPPON KUMITE (*One-Step Sparring*)

Formal and Semi-Free *+ (*The following are recommended*)

1. Two Front kick-right and left
2. Two Side kick-right and left
3. Two Roundhouse-right and left
4. Two Punching-right, lunge and reverse on a radius to target
5. Two Punching-left, lunge and reverse on a radius to target

B. DEMONSTRATE 4 SANBON KUMITE (*Three-Step Sparring*)•

1. High Section Attack - Rising block, reverse punch
2. High Section Attack - Outside forearm block, backfist to mid-section
3. High Section Attack - Outside forearm block, reverse punch
4. Mid Section Attach - Low section knife hand block, front kick

C. DEMONSTRATE JIJU-KUMITE (*Free Fighting*)

3. DEMONSTRATE GOSHEN JITSU (SELF DEFENSE)

A. EXECUTE 4 RELEASES

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

B. EXECUTE 4 SELF DEFENSE TECHNIQUES

C. DEMONSTRATE BASICS OF UKEMI-WAZA

1. Backward Fall
2. Forward Fall
3. Left and Right Side Falls
4. Forward shoulder roll
5. Forward roll out
6. Backward Shoulder Roll
7. European Breakfall
8. Cartwheel
9. Pratical Work as Tori

4. BODY CONDITIONING & DRILLS

A. Star Exercizes

1. Three Star Exercize
2. Two Star Exercize
3. Five Star Exercize

B. Demonstrate Wrist Press

C. Kicking Mat Drills

5. KATA REQUIREMENT

1. Taikyoku Shodan, Nidan, Sandan
4. Heian Sandan^{*}
7. Kwan Bu appropriate for rank.

2. Heian Shodan
5. Kwan Mu Shodan^{**}

3. Heian Nidan
6. Kwan Bu Level Three - Push Outs

6. LANGUAGE REQUIREMENTS

1. Sensei - pointer of the way
3. Karate - empty hand
5. Budo - way of the martial arts
7. Waza - technique
9. Yame - stop
11. Dan - black belt grade
13. Hai - yes, OK, let's go
15. Rei - bow
17. Gi - uniform
19. Hidari - left
21. Hombu - home dojo
2. Sempai - senior student
4. Kwan Mu - realization of the essential
6. Dojo - training hall
8. Hajime - begin
10. Mokuso - quiet-contemplative meditation
12. Kyu - under black belt grade
14. Narande - Line up!
16. Seiza Rei - seated bow
18. Obi - belt
20. Migi - right

^{*} Ten No Kata Omote of the Kwanmukan

^{i*} Required for 7th Blue Belt

⁺ In formal Ippon Kumite, the uke attacks from a front stance and the tori defends from a standing posture signaling the attack with a kiai. In semi-free ippon kumite, the uke attacks from a front stance to a front stance and the tori starts in a fighting stance. In a second method of semi-free ippon kumite, the uke attacks from a fighting stance and the tori defends from a fighting stance. The uke does not step forward but drives from the rear leg into the attack. In random kumite is the concept of free-fighting. No designated attack or defend.

^{*} Required for 7th Kyu Blue Belt

^{**} Adult requirement only

6th and 5th Kyu Orange Belt

1. DEMONSTRATE KIHON

A. DEMONSTRATE STANCES *Tachi-kata*

Heisoku-dachi	<i>informal attention stance (heels and toes together)</i>		
Musubi-dachi	<i>informal attention stance (toes turned out)</i>		
Hachiji-dachi	<i>open-leg stance</i>	Zenkutsu-dachi	<i>front stance</i>
Kokutsu-dachi	<i>back stance</i>	Kiba-dachi	<i>straddle stance</i>
Shiko-dachi	<i>sumo stance</i>	Neko-ashi-dachi	<i>cat stance</i>
Fudo-dachi	<i>immovable stance</i>		<i>x-stance</i>

B. DEMONSTRATE KICKS *Keri-kata*

<i>Types</i>	<i>Exercises</i>	<i>Application</i>
Kekomi - Thrust	Front Leg Lift	Mae-geri - Front Kick
Keage - Snap	Side Leg Lift	Yoko-geri - Side Kick
Jump	Knee Lifts	Mawashi-geri - Round House Kick
Pick	Leg Flexibility Drills	Ushiro-geri - Back Kick
Spinning, Turning		Mikazuku-geri - Crescent Kick
Ate - Hiza (Knee Strikes)		

C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

<i>Uke-te - hand blocks</i>			
Age-uke	<i>high defend</i>	Juji-uke	<i>X-block</i>
Chudan-uke	<i>middle defend</i>	Shuto-uke	<i>knifehand defend</i>
Gedan Barai	<i>low defend</i>	Soto-uke	<i>outside-inside defend</i>
	<i>Net Blocks</i>		<i>Circular Blocks</i>
<i>Tsuki-te- hand attacks</i>			
<i>Tzuki (Thrusts)</i>		<i>Uchi (Strikes)</i>	
Sonoba-tsuki	<i>basic punch</i>	Uraken	<i>Backfist</i>
Oi-tsuki	<i>lunge punch</i>	Sonoba-shuto uchi	<i>knifehand strike</i>
Seiken	<i>regular fist</i>	Shuto	<i>sword hand</i>
Gyaku-tsuki	<i>reverse punch</i>	Heito	<i>ridge hand</i>
Nukite	<i>spear hand</i>	Kentsui	<i>hammer fist</i>
Ate (Smash)*			
Empi	<i>elbow</i>	Taisho	<i>Palm heel</i>

2. DEMONSTRATE KUMITE

A. DEMONSTRATE IPPON KUMITE

1. The 10 Kwanmukan Ten No Kata Omote (*Formal⁺ and Semi-Free including Double Counters*)
2. Demonstrate 2 take-down techniques in Ippon Kumite
3. 4 Direct kicking counterattacks*

B. DEMONSTRATE 8 SANBON KUMITE (*Three-Step Sparring*)•

1. High section attack - Rising block, reverse punch
2. High section attack - Outside forearm block, backfist to mid-section
3. High section attack - Outside forearm block, reverse punch
4. Mid section attack - Low section knife hand block, front kick
5. Mid section attack - Mid section inside forearm block, high section hook punch
6. High section attack - Rising block, side kick
7. High section attack - Cross body block, rear head strike and takedown
8. Mid section attack - Cross body block, inside strike and takedown
9. High section attack - Rising block, round house kick

E. EXECUTE 6 KICK-PUNCH KUMITE TECHNIQUES*

D. DEMONSTRATE THREE TOURNAMENT SPARRING TECHNIQUES*

F. DEMONSTRATE JIJU-KUMITE (COMPETITION SPARRING)

3. DEMONSTRATE GOSHEN JITSU (*SELF DEFENSE*)

A. EXECUTE 8 RELEASES (*Level 1 and Level 2 Releases*)

1. Hold arm by wrist
2. Hold lapel by two hands
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

B. EXECUTE 8 SELF DEFENSE TECHNIQUES

C. DEMONSTRATE BASICS OF UKEMI-WAZA

1. Backward Fall
2. Forward Fall
3. Left and Right Side Falls

- | | | |
|--------------------------|---------------------|---------------------------|
| 4. Forward shoulder roll | 5. Forward roll out | 6. Backward Shoulder Roll |
| 7. European Breakfall | 8. Cartwheel | 9. Practical Work as Tori |

4. BODY CONDITIONING AND DRILL WORK

A. Star Exercises

1. Three Star Exercise with force 2. Five Star Exercise with force 3. Two Star Exercise with force

B. Demonstrate Wrist Press with force

C. Stand in the Kibadachi for 30 minutes

D. Demonstrate the 11 basic Kwanmukan Kicking Drills*

E. Demonstrate Breath Control

F. Hit Move Hit drills with mat

G. Relationship Drills (Kwan Bop)

5. KATA REQUIREMENT

- | | | |
|-----------------------------------|---------------------|---|
| 1. Taikyoku Shodan, Nidan, Sandan | 2. Heian Shodan | 3. Heian Nidan |
| 4. Heian Sandan | 5. Heian Yodan | 6. Tsui Sho |
| 7. Heian Godan* | 8. Kwan Mu Shodan** | 9. Kwan Bu Level Four -
Drop Down Techniques |

6. LANGUAGE REQUIREMENTS (*Demonstrate a working knowledge of Japanese Terminology*)

- | | |
|---|--|
| 1. Shomen - front | 2. Kobudo - weaponry |
| 3. Shihan - Teacher of teachers | 4. Renshi - Honor title for senior master |
| 5. Kyoshi - Honor title for senior master, superior to Renshi | 6. Hanchi - highest master, only one in a system, usually 10th dan |
| 7. O-Sensei - greatest teacher | 8. Chokuritsu Rei - standing bow |
| 9. Shomen Ni Rei - bow to the front | 10. Sensei Ni Rei - bow to the instructor |
| 11. Otagai Ni Rei - bow to each other | 12. Osu - acknowledgement |
| 13. Seiretsu - command to line up for Rei | 14. Modotte - command to line up for opening Rei |
| 15. Sensei, onagai it ashimus - instructor, show me the way | 16. Sensei, taihen arigato gozomashita - instructor, thank you very much |
| 17. Ashi-barai - foot sweep | 18. Koshi - ball of foot |
| 19. Sokuto - side (knife edge) of foot | 20. Tai Sabaki - body shifting |

7. TECHNICAL KNOWLEDGE (*Be able to explain*)

A. The five things taught in karate

Punching Blocking Breathing Timing Kiai

B. The Four Fundamentals of Karate Technique

- | | |
|-------------------------|--|
| 1. Atemi - vital stroke | 2. Kime - simultaneous focus of mind, hara and weapon |
| 3. Ma-ai - distancing | 4. Zanshin |
| | a) Remaining mind c) Utterly cutting down |
| | b) Extending the ki d) Impenetrable posture |

C. The four major Japanese Karate Styles

- | | |
|--------------------------------------|-------------------------------|
| 1. Goju ryu - Chojun Miyagi | 2. Shito ryu - Kenwa Mabuni |
| 3. Shotokan (JKA) - Gichen Funakoshi | 4. Wado ryu - Hironori Otsuka |

D. The major American styles

1. Kwannmuzendokai - George E. Anderson
2. Ko Sutemi Seie Kan - Donald R. Madden
3. Shuri ryu - Robert Trias

* Ate also includes knee smashes - hiza-ate.

+ Ten No Kata Omote of the Kwanmukan

* Required for 5th Green Belt

** Adult requirement only.

4th and 3th Kyu Purple and Red Belts

1. DEMONSTRATE KIHON

- A. DEMONSTRATE STANCES *Tachi-kata*
- B. DEMONSTRATE KICKS *Keri-kata including Hiza-ate*
- C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

2. DEMONSTRATE KUMITE

- A. IPPON KUMITE (*One-Step Sparring*)
 - 1. 10 Formal (Basic) Ippon Kumite with Double Counters
 - 3. Demonstrate 4 take-down techniques in Ippon Kumite
 - 4. Execute 4 one-hand defends
 - 5. Demonstrate 6 direct kicking counterattacks
- B. DEMONSTRATE 8 SANBON KUMITE (*Three-Step Sparring*)
- C. SEMI-FREE KUMITE
 - 1. 10 Semi-Free - Jiju Ippon Kumite with Double Counters
 - 2. Execute 6 kick-punch kumite drills
 - 3. Demonstrate 8 two step kickings
- D. JIJU KUMITE (*RANDOM KUMITE*)
 - 1. Demonstrate competition sparring.
 - 2. Demonstrate 3 tournament sparring techniques including left and right side fakes.

3. DEMONSTRATE GOSHEN JITSU (SELF DEFENSE)

- A. EXECUTE 8 RELEASES (*Level 1 and Level 2 Releases - two each for those listed*)
 - 1. Hold lapel by two hands
 - 2. Hold arm by wrist
 - 3. Hold shoulder by one hand from rear
 - 4. Hold neck from side or headlock
- B. EXECUTE 8 SELF DEFENSE TECHNIQUES
- C. DEMONSTRATE BASICS OF UKEMI-WAZA
 - 1. Backward Fall
 - 2. Forward Fall
 - 3. Left and Right Side Falls
 - 4. Forward shoulder roll
 - 5. Forward roll out
 - 6. Backward Shoulder Roll
 - 7. European Breakfall
 - 8. Cartwheel
 - 9. Practical Work as Tori

4. BODY CONDITIONING AND DRILL WORK

- A. Star Exercises
 - 1. Three Stars Exercise with force
 - 2. Five Star Exercise with force
 - 3. Two Star Exercise with force
- B. Demonstrate Wrist Press with force.
- C. Stand in the Kibadachi for 30 minutes.
- D. Demonstrate the 11 basic Kwanmukan Kicking Drills with speed and accuracy including jump sequence.
- E. Demonstrate Breath Control in meditation.
- F. Demonstrate the understanding of the standing-punch reflex drills.
- G. Demonstrate mobility drills including hit move hit drills.
- H. Demonstrate bounce patterns - in place, side to side, switching both forward and reverse hand techniques and kicking.
- I. Demonstrate use of Kicking Mats.
- J. Demonstrate use of the makiwara and bag.
- K. Relationships (Kwan Bop) including star exercises and two men kata.

5. KATA REQUIREMENT

- 1. Taikyoku Shodan, Nidan, Sandan
- 2. Heian Shodan
- 3. Heian Nidan
- 4. Heian Sandan
- 5. Heian Yodan
- 6. Heian Godan
- 7. Tekki Shodan
- 8. Bassai Sho
- 9. Tsui Sho
- 10. Kwan Mu Shodan
- 11. Kwan Mu Nidan
- 12. Kwan Bu - all levels
- 13. Begin Kwan Kong Chang Kwon

6. LANGUAGE REQUIREMENTS (*Demonstrate a working knowledge of Japanese Terminology*)

1. Tsukuri - Entry
2. Kuzushi - Off-balancing
3. Kake - Execution
4. Nagewaza - Throwing techniques
5. WKF - World Union of Karate-do Organizations
6. PUKO - Pan-American Union of Karate-do Organizations
7. USAKF - The USA Karate Federation
8. Kizami tsuki - Jab
9. Morote tsuki - Two hand punch
10. Tate tsuki - Vertical fist punch
11. Kagi tsuki - Hook punch
12. Teisho uke - Palm heel block
13. Morote uke - Augmented forearm block
14. Juji uke - X-block
15. Kakiwaki uke - Reverse wedge block (as in Jion)
16. Ippon ken - One knuckle fist (phoenix eye)
17. Nakadake ken - Middle finger knuckle fist
18. Hiraken - Foreknuckle fist
19. Tobi geri - Jump kick

7. Weapons

1. Ten Ippon Kumite with yawara^{*}
2. Demonstrate proficiency with bo and sai
3. Two Weapons Kata - Tsui Sho and/or Bo Sho and/or Sai Jitsu Ichi and/or Sai of Towada^{*}
4. Bunkai of Tsui Sho

8. TECHNICAL KNOWLEDGE (*Be able to explain*)

A. The five things taught in karate

Punching Blocking Breathing Timing Kiai

B. The Four Fundamentals of Karate Technique

1. Atemi - vital stroke
2. Kime - simultaneous focus of mind, hara and weapon
3. Ma-ai - distancing
4. Zanshin
 - a) Remaining mind
 - b) Extending the ki
 - c) Utterly cutting down
 - d) Impenetrable posture

C. The four major Japanese Karate Styles

1. Goju ryu - Chojun Miyagi
2. Shito ryu - Kenwa Mabuni
3. Shotokan (JKA) - Gichen Funakoshi
4. Wado ryu - Hironori Otsuka

D. The major American styles

1. Kwannmuzendokai - George E. Anderson
2. Ko Sutemi Seie Kan - Donald R. Madden
3. Shuri ryu - Robert Trias

^{*} 3rd Kyu Purple Belt Requirement

^{*} 3rd Kyu Purple Belt Requirement

^{*} Select any Two Weapons Kata

2nd and 1st Kyu Brown Belts

1. DEMONSTRATE KIHON

A. DEMONSTRATE STANCES *Tachi-kata*

1. Including *Heisoku-dachi, Musubi-dachi, Hachiji-dachi, Zenkutsu-dachi, Kokutsu-dachi, Kiba-dachi, Shiko-dachi, Neko-ashi-dachi, Fudo-dachi, x-stance*

B. DEMONSTRATE KICKS *Keri-kata including Hiza-ate*

1. Including *thrust, snap, stomp, pick, jump, turning, spinning, stamping, sweeping, wheel*

C. DEMONSTRATE HAND TECHNIQUES *Te-waza*

1. *Thrusts, strikes, and smashing including thrusts, jabs, lunges, reverse, straight, various types of fists, spears, and knifehands*
2. *Blocks - including pressing, cross arm, rising, circle, sweeping, net, x, grasping, jamming, guiding, hand cover, double*

2. DEMONSTRATE KUMITE

A. IPPON KUMITE (*One-Step Sparring*)

1. 10 Formal (Basic) Ippon Kumite⁺ (include double counters)
3. Demonstrate 4 take-down techniques in Ippon Kumite
4. Execute 8 one-hand defends
5. Demonstrate 8 direct kicking counterattacks including checking techniques
6. Execute 8 throws in Ippon Kumite* (work as uke and tori)
7. Execute 4 foot sweeps
8. Anderson's 32 one-steps

B. DEMONSTRATE 12 SANBON KUMITE (*Three-Step Sparring*)

C. SEMI-FREE KUMITE

1. 10 Semi-Free - Jiju Ippon Kumite
2. Execute 6 kick-punch kumite drills
3. Demonstrate 8 two step kickings

D. JJJU KUMITE (*RANDOM KUMITE*)

1. Demonstrate competition sparring.
2. Demonstrate 3 tournament sparring techniques including left and right side fakes.

3. DEMONSTRATE GOSHEN JITSU (*SELF DEFENSE*)

A. EXECUTE 12 RELEASES (*Level 1, Level 2 & Level 3 Releases - 3 each for those listed*)

1. Hold lapel by two hands
2. Hold arm by wrist
3. Hold shoulder by one hand from rear
4. Hold neck from side or headlock

B. EXECUTE 12 SELF DEFENSE TECHNIQUES

4. CONDITIONING AND DRILL WORK

A. Conditioning

1. Star Exercises
2. Wrist Press with force
3. Kibadachi for 30 minutes
4. Conditioning Drills
 - Arm & Leg Conditioning
 - Arm Toughening* *Thigh Kicks*
 - Body Conditioning
 - Neck Toughening* *Shoulder Kick Drill* *Punch-Punch Drill* *1,2,3 Drill*
 - Hand Conditioning
5. Use of the makiwara and bag
6. Hip-Knee-Ankle Exercises for the Lower Connection.

B. Drill Work

1. Demonstrate & explain the 11 basic Kwanmukan Kicking Drills with speed and accuracy including jump sequence.
2. Demonstrate Breath Control in meditation.
3. Demonstrate the understanding of the standing-punch reflex drills.
4. Demonstrate mobility drills including hit move hit drills and standing punch reflex drills.
5. Demonstrate bounce patterns - in place, side to side, switching both forward and reverse hand techniques and kicking.
6. Demonstrate use of the Kicking Mats and other equipment.
7. Relationships (Kwan Bop) including star and two men kata

5. KATA REQUIREMENT

- | | |
|--|---|
| 1. Taikyoku Shodan, Nidan, Sandan | 7. Tekki Shodan |
| 2. Heian Shodan | 8. Kwan Mu Shodan |
| 3. Heian Nidan | 9. Bassai Sho |
| 4. Heian Sandan | 10. Kwan Mu Nidan |
| 5. Heian Yodan | 11. Choose from Seienchin, Jion, Bassai Dai, or Nijushiho,* |
| 6. Heian Godan | 12. Kwan Bu - all levels |
| 13. Kwan Kong Chang Kwon for Shodon Ho | |

6. LANGUAGE REQUIREMENTS

1. Demonstrate a working knowledge of Japanese Terminology

7. Weapons

1. 10 Ippon Kumite With Yawara
2. Demonstrate Proficiency with bo and sai including care and use.
3. Two Weapons Kata - Tsui Sho and/or Bo Sho and/or Sai Jitsu Ichi and/or Sai of Towada*
4. Bunkai of Tsui Sho
5. Demonstrate with short stick^o
6. Demonstrate club defense
7. Demonstrate knife defense

8. TECHNICAL KNOWLEDGE (*Be able to explain*)

1. Explain hand drills and in stance relationships
2. Explain corresponding stance relationships
3. Show practical knowledge of directing class and issuing commands
4. Be able to bunkai Heian 1, 2, 5 and Bassai dai
5. Explain the Kwanmukan heirarchy
6. Assist in teaching beginner classes
7. Demonstrate correct Karate ettiquette

8. JUDO

1. Show capacity in Ukemi-waza
2. Show capacity in Nage-waza
3. Show capacity in Katame-waza especially Kansetsu-waza

⁺Ten No Kata Omote of the Kwanmukan

* Ikkyu Requirement.

* Chose one for nikyu, two for ikkyu.

* Select any three Weapons Kata

^o Ikkyu requirement

32 Ippon Kumite Outline

Group #1 The Linear Draw

1. Rising Block – Reverse Punch
2. Inside Block – Back fist to Face
3. Front Kick
4. Roundhouse Kick

Group #2 The Oblique Forward Step

5. Hammer Fist to Ribs
6. Front Kick to Armpit
7. Side Kick
8. Turning Back Kick

Group #3 The Oblique Draw Step

9. Left One-knuckle Fist to Face
10. Right Knife Hand to Head
11. Left Palm Strike and Right Hand Chop
12. Right Slide by Reverse Punch

Group #4 The Cross Step

13. Punch to Ribs (moving to left)
14. Punch against Roundhouse Kick
15. Defense against Roundhouse Kick
16. Defense against Wheel Kick

Group #5 Direct Kick Defenses (kick with rear leg)

17. Defense Kick to Arm
18. Defense Kick to Shoulder
19. Defense Kick to Kicking Thigh
20. Defense Kick to Turning Hip

Group #6 Jump Kick Defenses (double kick with front leg)

21. Front Kick
22. Roundhouse Kick
23. Side Kick
24. Turning Back Kick

Group #7 Jump Kick (kick with rear leg)

25. Front Kick
26. Roundhouse Kick
27. Side Kick
28. Turning Back Kick

Group #8 Defenses From Floor

29. Side Kick from Floor
30. Roundhouse Kick from Floor
31. Turning Low Stomp Kick
32. Falling on Back Kick

32 Ippon Kumite Detail

Group #1 The Linear Draw

1. Rising Block – Reverse Punch

Attack: Left front stance to stepping right upper punch.

Defend: Yoi stance – step back to right back stance and left rising block, sliding forward to left front stance and right reverse punch to ribs.

2. Inside Block – Back fist to Face

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step back to left back stance and right hand outside-inside block, catch left wrist with left hand, sliding forward to kiba-dachi right hand back fist to face or ribs.

3. Front Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step back to right back stance and left knife hand down block, catch left wrist with left hand, adjust left foot stance and right front kick to ribs.

4. Roundhouse Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step left and forward at 45 degree with left foot and right open hand block to forearm, catch wrist with right hand, right roundhouse kick to ribs.

Group #2 The Oblique Forward Step

5. Hammer Fist to Ribs

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step to right kiba-dachi at 45 degree, left open hand block and right hammer fist or punch to ribs (crossed and executed at the same time).

6. Front Kick to Armpit

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step to left with left foot and block with right open hand to forearm, catch right wrist with right hand, right front kick to armpit.

7. Side Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step forward to left at 45 degrees, right side kick to ribs (no block).

8. Turning Back Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – step forward to right at 45 degrees with left foot turning to right, right side or back kick to ribs.

Group #3 The Oblique Draw Step

9. Left One-knuckle Fist to Face

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – right foot steps back, left foot stepping forward and left hand knuckle punch to eye.

10. Right Knife Hand to Head

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – left foot steps back and left hand open inside-outside block, catch left wrist with left hand, right foot steps forward and right knife hand to head.

11. Left Palm Strike and Right Hand Chop

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – right foot steps back, left foot steps forward and left hand palm heel strike to face, left foot steps back and catch left wrist with left hand, step forward right foot and right knife hand chop to collar bone.

12. Right Slide by Reverse Punch

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – big step back with right foot to left fighting stance and left open hand outside-inside block, sliding forward with left foot and right hand punch to ribs.

Group #4 The Cross Step

13. Punch to Ribs (moving to left)

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – right cross step over left foot, both hands punch to sides striking with right to ribs.

14. Punch against Roundhouse Kick

Attack: Right back stance to right roundhouse kick.

Defend: Right fighting stance – step forward right foot, left cross step behind right foot and left open hand block to kicking leg and right hand punch to ribs.

15. Defense against Roundhouse Kick

Attack: Right back stance to right roundhouse kick.

Defend: Right fighting stance – step forward right foot, left cross step behind right foot and left hand catches kicking leg and right knife hand to neck.

16. Defense against Wheel Kick

Attack: Left back stance to left back kick.

Defend: Right fighting stance – step forward right foot, left cross step behind right foot and left hand catches belt under kicking leg and right knife hand to neck.

Group #5 Direct Kick Defenses (kick with rear leg)

17. Defense Kick to Arm

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward to right with left foot, right crescent kick to right forearm.

18. Defense Kick to Shoulder

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward to right with left foot, right crescent kick to right shoulder.

19. Defense Kick to Kicking Thigh

Attack: Right back stance to right leg roundhouse kick.

Defend: Left fighting stance – step forward to right with left foot, right crescent kick to right kicking thigh (upward).

20. Defense Kick to Turning Hip

Attack: Left back stance to left leg back kick.

Defend: Left fighting stance – step forward to right with left foot, right crescent kick to left kicking thigh.

Group #6 Jump Kick Defenses (double kick with front leg)

21. Front Kick

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – step forward right foot, left front jump kick defense to right arm and right front kick to ribs.

22. Roundhouse Kick

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – step forward right foot, left front jump kick defense to right arm and right roundhouse kick to ribs.

23. Side Kick

Attack: Left front stance to stepping right punch.

Defend: Right fighting stance – step forward right foot, left front jump kick defense to right arm and right side kick to ribs.

24. Turning Back Kick

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward left foot, right knee into air turning left and left jump back kick to ribs.

Group #7 Jump Kick (kick with rear leg)

25. Front Kick

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward left foot, jump right front kick to ribs.

26. Roundhouse Kick

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward left foot, jump right roundhouse kick to ribs.

27. Side Kick

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward left foot, jump right side kick to ribs.

28. Turning Back Kick

Attack: Left front stance to stepping right punch.

Defend: Left fighting stance – step forward left foot, jump turning right back kick to ribs.

Group #8 Defenses From Floor

29. Side Kick from Floor

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – fall backward to floor on left side, right side kick to ribs.

30. Roundhouse Kick from Floor

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – fall left to floor on left side, right roundhouse kick to ribs.

31. Turning Low Stomp Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – turning to right with left knee and left fist to floor, right back kick to ribs.

32. Falling on Back Kick

Attack: Left front stance to stepping right punch.

Defend: Yoi stance – fall to floor on back, double leg front kick to chest.

Black Belt Testing Information

General Information on Testing

Just as in any other major schooling system, the testing intervals are pre-set and the student must be ready to meet the standards at specific times. In karate the frequency of examination is every 2-3 months for the kyu grades up to brown belt. For the brown belt the time is usually 3-6 months for each level. For black belts, the time is grade is normally the same as the dan grade applied for. The testing fees are kyus are \$25 for regular promotions. Dan promotions are Shodan-\$125, Nidan-\$145, Sandan-\$165, Yodan, Godan and above-\$225. Sensei, Shihan, Renshi, Kyoshi are a special case. The following standards conform with international requirements for the granting of certification of grade and enable the holder of the Kwanmukan Diploma to gain official National and International Governing Body registration.

Testing is used as a motivational tool and periodic dates of progress and tangible marks of progress help the student understand how he is doing. Motivated students continue practice and progress further. Motivational seminars help to prioritize karate and are mandatory for the legitimate certification of grade. The performance at such seminars shows the structure of the Kwanmukan and its powerful and successful organization. The testing lets the student look to the higher grades for guidance and sets an example for the lower grades. This is important. Accordingly, the seniors must ascertain that the complete group is moving forward together in the proper and subscribed manner. This responsibility is on the black belt. If you do not exercise your authority, you will not be able to retain it.

Important Notes: Standards, Qualifications and Certification

1. All grades must be awarded by the organization Any violation of this regulation is regarded as a resignation from the society of the Kwanmuzendokai International.
2. The standards can be taught on the oblique with different stresses from different dojos but all dojos must conform to unifying principles. Divergence is permitted at the beginning but conformity is mandatory at black Belt level.
3. The student's direction in karate is maintained by following the grade standards and the unifying principles of the style. This is the time to examine the mind, attitude and behavior and to examine technical skills. The students can also examine their personal skill in relation to those developed by their peers.
4. The student gains self esteem from the blanket of protection arising from group dynamics. All the cultural and social advantages of belonging to a group are enjoyed freely. Unified examinations make future planning possible and the organization's development will continue to grow. The introduction of new concepts, technical and operational, vitalizes the entire group. Student retention is also vastly improved as the group meetings are set and adhere to positive and beneficial goals which allow the students to recognize their own progress.

Expectations of Kwanmukan Black Belt

Attendance at formal events is a demonstration of loyalty, sincerity and dedication. Attendance must be in compliance with system regulations and a black belt should have a very good reason for an absence. Future organizational goals depend on knowledgeable and available personnel. Technical and business events are an opportunity to learn new material and to examine the system.

Why would anyone want high dans in any organization? Do the dans give support benefits? Do they assist financial operations? (Make instructor rich?) Do they add to technical operations? (Are they great technicians?) Do they enhance instructor prestige? (Make instructor famous?) Why should the Kwanmukan want dans who do not show up for events?

If a black belts moves from one organization to another all rank privileges are lost and the karateka must restart his grade progress all over again. All organizational protection and all camaraderie from within the organization are lost. Accordingly, the Kwanmukan has a disclaimer clause in the awarding of certificates and has joined with the other legitimate organizations in the USA to retard the changing of associations for political gain. If black belts do not support the organization in some manner, who wants them? Further, the probable situation found with a new instructor is this - No one wants a wanderer or will take a discharged karateka in unless all students are registered, all certifications are paid for and all events are attended. The thinking goes like this - "If he didn't support the last instructor, why would he support someone else?" Do not take him unless he will support you. Supporting the Kwanmukan by being an active black belt helps further the aims and goals of the Kwanmukan and all black belts accordingly and is of itself an exercise of your rank and authority within the organization.

General Procedures For Dan Testing

1. The examinee must use the proper terminology for each technique.
2. Attention must be given to correct demeanor.
3. At any time the examiners may question the examinee.
4. The applicant must refrain from making any show of approval or disapproval over his/her own actions.
5. The applicant shall assume command over his examination assistant.
6. The applicant may request a review of the examiner's commentaries.
7. Should an applicant fail any portion of the exam, he may be requested to later appear to be examined on that portion, or he may be required to retake the entire exam.

Black Belt Kata Requirements

(Free Kata Underlined)

Shodan

Kata required: Taikyoku 1, 2, 3; Heian 1,2,3,4,5; Kwan Mu 1 & 2; Tekki I; Bassai Sho (Pal-Sek So).

Kata optional: Two from either Seienchen, Nijushiho, Jion or Bassai Dai

Nidan

Add Kwan Mu Third Effort, Tekki 2, and one kata from Seienchen, Nijushiho, Jion or Bassai Dai, Kwanku Dai, Sochin, or Sanchin

Sandan

Add Tekki 3, and one kata from Seienchen, Nijushiho, Jion or Bassai Dai, Kwanku Dai, Sochin, or Sanchin

Yodan

Add Jion plus 2 kata from the WKF Kata List and 2 free kata:

Seienchen, Nijushiho, Jion or Bassai Dai, Kwanku Dai, Sochin, or Sanchin, Empi, Kwanku Sho, Rohai, Gojushiho Dai Gojushiho Sho, Seisan (Hangetsu), Saifa, Seipei, Gankaku, Chinto, Unsu

Weapons Kata Optional:

Four Weapons Kata from:

Tsui Sho, Bo Sho, Sai Jitsu Ichi, Sai of Towada, Tsukenshitahaku no Sai, Tokumini No Kon, Chaten Yara No Sai, Gim Doy Knife Form, Kwanmukan Nunchuka Kata.

Historical Black Belt Testing

Below is information on the traditional black belt testing as performed by Hickey Karate Center. Over time, requirements and teaching systems change for the various martial arts. The below is provided as historical information for the black belt. Should you find something that you feel you are weak on, please bring it to the attention of the Shihan.

Shodan Examination

1. Wrist Press and Five Star Exercise with force.
2. Execute 20 one-step sparring combinations with double counters and 4 jump kick combinations in one-steps.
3. Execute 20 three-step sparring combinations.
4. Demonstrate total release capacity - at least 12 releases from first, second, and third level releases.
5. Execute 4 take-downs.
6. Demonstrate kick drill sequence and explain its function.
7. Show capacity in nage-waza and ukemi-waza.
8. Demonstrate throwing techniques in one-step sparring.
9. Demonstrate 40 hands and corresponding stance relationships.
10. Standing punch reflex drill.
11. Hip-knee-ankles drills for the lower connection.
12. Break 3 boards with any 3 of the following: punch, shuto, hammer fist, front kick, round kick, side kick.
13. Stand in Kiba-dachi for 1/2 hour.
14. Knowledge of WKF match procedure and terminology.
15. Practical experience in directing class and issuing commands.
16. Knowledge of Zen and Meditation.
17. Execute kata requirements and all Kwanmukan Kwan Bu Kata.
18. Demonstrate proficiency in kumite.
19. Pass written test.
20. Minimum time in grade.
21. Kwan Kong Chang Kwon all four parts
22. Kwon Bop Relationships including star exercises and two men kata
23. Two Kwan Bu kata

Possible Questions for Oral General Examination

1. Why did you start studying karate?
2. Why have you continued to study karate?
3. If you earn your black belt, do you intend to continue studying karate?
4. For what purpose do you feel karate was created? What keeps it alive? What do you feel it will take to perpetuate karate?
5. What is the purpose of learning Kihon? Kata? Ippon kumite? Jiju Kumite?
6. Why do you think 40% of your grade at promotion is attitude and attendance?
7. What is a black belt?
8. Why do you bow in karate?
9. Would you so proficiently train a student that someday he might be better at karate than you? Explain.
10. What is success?
11. Who are you?
12. What is your goal in karate?
13. Do you have a goal in life and are you working towards it?

The purpose of these questions is to cause self-development and soul searching. There are no wrong answers - they are your answers.

Possible Questions for Oral Technical Examination

1. Explain and interpret the Kwanmukan symbol.
2. Explain and demonstrate differences between various martial arts using Kwanmukan techniques.
3. Explain difference between "double counters" and "hit move hit" drills.
4. Explain difference between rising block and high defend (age vs jodan).
5. Explain the difference between informal, formal, and random ippon kumite.
6. Explain kicking drills.
7. Explain 4 releases in original method and show escalations to second and third level.
8. Explain how to grab.
9. Explain how to block.- vs | (horizontal versus vertical)
10. Show Jump kick learning sequence.
11. Explain 4-3-2-1 count to teach front, side, and round house kicks.
12. Demonstrate teaching sequence for jump spinning back kicks.
13. Show how to kick and return foot - What is the difference between a speed return verses classical retraction. Hint: speed retraction = preparation point for next kick.
14. Explain Hip-Knee-Ankle Exercises for the Lower Connection.

Nidan Examination

1. Wrist Press and Five Star Exercise with force.
2. Execute 30 one-step sparring combinations with double counters.
3. Execute 20 three-step sparring combinations.
4. Execute one-hand counter defends.
5. Execute direct kicking interruptive defends.
6. Demonstrate total release capacity - at least 12 release from first, second, and third level releases.
7. Execute 4 take-downs.
8. Execute 4 hooking and sweeping methods.
9. Demonstrate 4 arm locks.
10. Execute all 8 kick-punch attack defends.
11. Demonstrate kick drill sequence and explain its function.
12. Show capacity in nage-waza and ukemi-waza.
13. Demonstrate throwing techniques in one-step sparring.
14. Demonstrate 40 hands and corresponding stance relationships.
15. Show standing punch reflex training efficiency.
16. Hip-knee-ankles drills for the lower connection.
17. Break 3 boards with any 3 of the following: punch, shuto, hammer fist, front kick, round kick, sidekick.
18. Stand in Kiba-dachi for 1/2 hour.
19. USAKF Judging Certificate.
20. Practical experience in directing class and issuing commands.
21. Execute kata requirements.
22. Demonstrate proficiency in kumite.
23. Pass written test.
24. Write paper on assigned subject
25. Minimum time in grade.
26. Kwan Kong Chang Kwon all four parts
27. Kwon Bop Relationships including star exercises and two men kata
28. Four Kwan Bu kata including the two for Shodan

* The test for Shodan is essentially a review of all material studied since the candidate started karate. Therefore only a brief listing of the important points of the material is given for the Shodan test. The candidate is responsible for all material studied whether listed or not.

* All forms must be done at fighting speed without error. Forms must correspond to the central dojo in which the student is practicing. Examiners may require the complete explanation and demonstration of each form. The student will be considered as not knowing the form if he fails to provide the proper technical terminology. Special forms may be assigned, but if done incorrectly, they will detract from the overall test score.

* All forms must be done at fighting speed without error. Forms must correspond to the central dojo in which the student is practicing. Examiners may require the complete explanation and demonstration of each form. The student will be considered as not knowing the form if he fails to provide the proper technical terminology. Special forms may be assigned, but if done incorrectly, they will detract from the overall test score.

Sandan Examination

1. Hand-Arm training exercises with force.
2. Execute 50 one step sparrings.
3. Hip-knee-ankles drills for the lower connection.
4. Ukemi-waza with merciless throws and roll out breakfalls.
5. Kesagatami and katagatami & 4 choking methods.
6. 6 throws and 4 foot-hooks and sweeping methods.
7. Demonstrate 4 arm locks & total release capacity.
8. Demonstrate 12 self-defense street techniques.
9. 8 one-hand counter defends.
10. Standing-punch reflex drill.
11. 40 hands and corresponding stance relationships.
12. Show primary strike capacity.
13. Kinesiological explanation of round and sidekick.
14. Kick drill sequence and explain.
15. Hand drills and stance changes.
16. Demonstrate accuracy and control of standing kicks and jumping kicks.
17. Mastery of bag, maka-wara technique.
18. 10 direct kicking interruptive defends.
19. Break 3 boards with any 3 techniques.
20. Yawara and short stick.
21. USAKF Judging Certificate.
22. Demonstrate proficiency as an instructor.
23. Demonstrate application of form to free-fighting and show 20 applications.
24. Write paper on assigned subject.
25. Explain and analyze Kwan Mu or other similar root kata.
26. Required Kata .
27. Minimum time in grade.
28. Kwan Kong Chang Kwon all four parts
29. Kwon Bop Relationships including star exercises and two men kata
30. Six Kwan Bu kata including all the previous

* All forms must be done at fighting speed without error. Forms must correspond to the central dojo in which the student is practicing. Examiners may require the complete explanation and demonstration of each form. The student will be considered as not knowing the form if he fails to provide the proper technical terminology. Special forms may be assigned, but if done incorrectly, they will detract from the overall test score.

Yodan Examination

1. Explain yoga, body balancing drills, and 3S stretching concepts.
2. Hip-knee-ankles drills for the lower connection.
3. Ukemi-waza with merciless throws and roll out breakfalls.
4. Demonstrate methods of off-balancing and hooking and sweeping techniques.
5. Demonstrate methods of restraining, arm locking, choking, and throwing techniques.
6. Demonstrate basic knowledge of throwing and grappling.
7. Execute direct hand and foot defends.
8. Standing-punch reflex drill and primary strike capacity.
9. 40 hands and corresponding stances.
10. Kinesiological explanation of round and side kick.
11. Hand drill and kick drill sequence and kinesiological explanation of principles involved.
12. Accuracy and control of standing and jumping kicks.
13. Mastery of bag, maka-wara technique.
14. Direct kicking interruptive defends.
15. Analysis of 10 competition techniques from kata to sparring, including theory of angular attack.
16. Demonstrate with yawara, short stick, and other similar weapons.
17. Current USAKF Judging Certificate.
18. Demonstrated support of Kwanmukan activities.
19. Write paper on analysis of root form.
20. Presentation of unique analytical program for sequential instruction of any primary technique. (Must be instituted and shown to be functional for training.)
21. Presentation to the testing examiners of a 30 minute taped discourse on karate philosophy (suggested - Funakoshi's Six Rules).
22. Demonstrate application of form to free-fighting and show 30 applications.
23. Required Kata .
24. Minimum time in grade.
25. Kwan Kong Chang Kwon all four parts
26. Kwon Bop Relationships including star exercises and two men kata
27. Eight Kwan Bu kata including all the previous

Shihan - Master Instructor

1. Each student must have a senior master instructor who follows a higher approved organizational head of style in order for the system to be considered valid and the instructional structure approved.
2. The head of the system is the only one able to certify the student for grade advancement and is empowered to do so only in the capacity of "head of the style".
3. The general requirements of organizations awarding internationally recognizable karate grades include the stipulation that all grades be awarded through testing under the direct supervision of the Kaicho (head of the Kai) and that the grades bear that stamp of approval.
4. For recognition as a Shihan the sensei must be at least 6th dan and have been formally awarded the title of Shihan. To realize this formal designation of Shihan, a sensei must be directly appointed by the Kaicho with the advise and consent of other elders of the organization.
5. Loyalty, sincerity and dedication to the organization must have been clearly demonstrated by the candidate for many years. The protection of the style, the well being of the Kaicho, physical and financial, must all have been placed on a higher priority than the personal self aggrandizement of the karateka.

* All kata must be performed with deductions made for mistakes, omissions, and all faults. Special forms may be assigned, but if done incorrectly, they will detract from the overall test score.

Historical Black Belt Requirements

These requirements historically combined the karate and the ju-jitsu. These were the requirements for Dave Lang's and Jim Winkleman's 4th dan and Tim Norfolk's 5th dan.

1. Wrist Press and Five Star Exercise with force
2. Hand-Arm training exercises with force.
3. Execute 10 one-step sparring combinations with single double counters, free and semi-free.
4. Execute 64 one step sparring techniques. Anderson's 32 left and right sided.
5. Execute 8 three-step sparring combinations.
6. Demonstrate throwing techniques in one-step sparring.
7. Execute all 12 kick-punch attack defends left and right.
8. 10 direct kicking interruptive defends.
9. 8 one hand counter defends.
10. Demonstrate proficiency in kumite.
11. Demonstrate total release capacity - at least 12 releases from first, second, and third level releases.
12. Demonstrate 12 self-defense street techniques.
13. Explain 4 releases in original method and show escalation to second and third level.
14. Demonstrate 4 arm locks.
15. Kesa-gatami and kata-gatami & 4 choking methods.
16. Ukemi-waza with merciless throws and roll out breakfalls.
17. 6 throws and 4 foot-hooks and sweeping methods.
18. Execute 4 take-downs.
19. Show capacity in nage-waza and ukemi-waza.
20. Execute 4 hooking and sweeping methods.
21. Demonstrate kick drill sequence and explain its function.
22. Demonstrate accuracy and control of standing kicks and jumping kicks.
23. Kinesiological explanation of round and side kick.
24. Demonstrate 40 hands and corresponding stance relationships.
25. Hand drills and stance changes.
26. Hip-knee-ankles drills for the lower connection.
27. Explain Hip-Knee-Ankle Exercises for the Lower Connection.
28. Show standing punch reflex training efficiency.
29. Standing-punch reflex drill.
30. Show primary strike capacity.
31. Break 3 boards with any 3 techniques.
Recommended: punch, shuto, hammerfist, front kick, round kick, side kick.
32. Stand in Kiba-dachi for 1/2 hour.
33. Knowledge of WKF match procedure and terminology.
34. USAKF Judging Certificate.
35. Practical experience in directing class and issuing commands.
36. Knowledge of Zen and Meditation.
37. Execute kata requirements
38. Explain and analyze Kwan Mu or other similar root kata.
39. Execute Kwan Bu
40. Execute Kwan Po (relationships including two men kata)
41. Demonstrate application of form to free-fighting and show 20 applications.
42. Yawara and short stick.
43. Mastery of bag, maki-wara technique.

Kata

Taikyoku 1, 2, 3	Heian 1,2,3,4,5	Kwan Mu 1, 2, 3	Tekki I, 2, 3
Bassai Sho (Pal-Sek So).	Bassai Dai	Seienchen	Jion
Chung Kwon	Winkleman - Sochin	All else - Am Hoc	Norfolk - Kanku Dai
Lang - Unsu	Kwan Kong Chung Kwon		

Technical Questions

1. Explain and interpret the Kwanmukan symbol.
2. Explain and demonstrate differences between various martial arts using Kwanmukan techniques.
3. Explain the difference between informal, formal, and random ippon kumite.
4. Explain difference between "double counters" and "hit move hit" drills.
5. Explain difference between rising block and high defend (age vs. jodan).
6. Explain how to block.- vs. |
7. Explain how to grab.
8. Explain 4-3-2-1 count to teach front, side, and round house kicks.
9. Show how to kick and return foot - What is the difference between a speed return verses classical retraction. Hint: speed retraction = preparation point for next kick.
10. Show Jump kick learning sequence.
11. Demonstrate teaching sequence for jump spinning back kicks.

Terminology

Empty hands	KARATE
Tao the way	DO
Way of Japanese martial arts	BUDO
Greatest teacher	O-SENSEI
Teacher of teachers	SHIHAN
Pointer of the way, teacher	SENSEI
Head of style	SOKE
Honorary title for Highest Master, only one in system	HANSHI
Honorary title for Senior master, superior to Renshi	KYOSHI
Honorary title for Senior master, philosophical leader	RENSHI
Senior Student	SEMPAI
Training hall for martial arts	DOJO
Home dojo	HOMBU
Uniform	GI
BELT	OBI
Black belt grade	DAN
Below black belt grade	KYU
Realization of the essential	KWAN MU
Command to line up for opening bow	MO-DO-T-TE
Command to line up for bow	SEIRETSU
Line up	NARANDE
Bow	REI
Major bow	O-REI
Seated Bow	HIZA MAZUKO REI
Standing bow	CHOKU RITSU REI
Bow to front	SHOMEN NI REI
Bow to instructor	SENSEI NI RE
Bow to each other	OTAGAI NI REI
Meditation or quiet contemplation	MOKUSOH
Start	HAJIME
To stop immediately	YAME
Wait	MATE
Spirit yell	KIAI
Turn	KA ETTE
At ease	NA-O-RE

Assume posture	KAMAIE-TE
Yes, OK, let's go	HAI
Acknowledgement	OSU
Instructor, thank you very much	SENSEI, TAIHEN ARIGATO GOZIMASHITA
Instructor, show me the way	SENSEI, ONAGAI ITASHIMUS
Explosive yell that is used on completion of focus of technique	KIAI
To contact opponent	ASTE-RU
Kicking leg	GERI-ASHI
The lifting of the leg for kicking position	HIKI-TE
To pull back striking of kicking	TOME RU
Striking fist or hand, open or closed	TSUKI-TE
Blocking hand	KE-TE
Pulling hand, usually pulling to the side of the body	HIKI-TE
The distance between you and your opponent	MA-AI
Defensive evasions	Kawashi
Off-balancing, crushing the enemy	Kuzushi
Technique(s)	Waza
Basic techniques of karate	Kihon
Falling techniques	ukemi waza
Body Shifting	Tai sabiki
One step sparring	Ippon kumite
Three step sparring	sanbon kumite
Five step sparring	gohan kumite
Attack at the right moment	deai
Attack at the moment he mentally decides to attack	Go no sen
Attack at the moment your opponent begins to attack	sen No Sen
Suppress the opponent's desire to attack	sen sen no sen
Focus	kime
Remaining Mind	zanshin

Vital Strike	Atemi
Self defense	GOSHIN JITSU
Left	HIDARI
Right	MIGI
Formal sitting position	SEIZA
Back stance	KOKUTSU-DACHI
Cat stance	NEKOASHI-DACHI
Forward stance	ZENKUTSU-DACHI
Horse riding stance	KIBA-DACHI
Informal attention stance	HACHIJI-DACHI
Natural stance	HEISOKU-DACHI
Informal attention stance	MUSUBI-DACHI
Straddle fixed stance	FUDO-DACHI
Sumo stance	SHIKO-DACHI
Kick	GERI
Snap	Keage
Thrust	Kekomi
Knife edge of foot	SOKUTO
Front Kick	MAE GERI
Roundhouse Kick	MAWASHI GERI
Side Kick	YOKO GERI
Back Kick	USHIRO GERI
Crescent Kick	MIKAZUKI GERI
Cross over side Kick	FUMIDASHI YOKO GERI
Swing side Kick	MAWASHI YOKO GERI
Jump kick	TOBI GERI
Foot sweep	ASHI-BARAI
Block	Uke
Rising Block	Age
Upper	Jodan
Middle	Chudan
Low sweeping	Gedan Barai

Outside forearm block	Soto ude uke
Knifehand block	Shuto uke
X block	juji-uke
Smash	ate
Elbow	Empi
Knee	Hiza
Palm Heel	TAISHO
Strike	uchi
Knife hand block	Shuto uke
Knife hand strike	Shuto uchi
Hammer fist	KENTSUI
Back fist	Uraken
Ridge hand	heito
Thrust	Tsuki
Regular fist	Fist
Reverse Punch	Gyaku tsuki
Lunge punch	OI-TSUKI
Basic Punch	SONABA-TSUKI
Two handed punch	MOROTE TSUKI
Hook punch	KAGI TSUKI
Vertical fist punch	TATE TSUKI
Jab	KIZAMI TSUKI
Fore knuckle fist	HIRAKEN
One knuckle fist	IPPON KEN
Middle finger knuckle fist	NAKADAKE KEN
Spear Hand	nukite
Mind	SHIN
Mental Energy	KI
Power manifested by physical techniques	RYOKU
Eye Vector	MESEN
Line of the kata	EMBUSEN

Examination for Black Belt in Answer Form

Name: _____ Date: _____ Current Rank: _____

Kwanmukan

1. The Director of the Kwanmukan is George Edward Anderson.
2. George E Anderson's title in Japanese is Hanshi
3. The complete name and correct spelling for the style Hanshi Anderson synthesized and standardized is Kwanmuzendokai.
4. George E Anderson's style is more commonly known as Kwanmukan.
5. Senior Students of the Kwanmukan are Robert J Saal, Patrick M Hickey, and Pamela J Hickey.
6. The number of black belt certificates that have been issued to date by the organization presided over by O-Sensei is 1600.
7. The required ippon kumite is called the Ten No Kata Omote of the Kwanmukan.
8. What four currently practicing black belts were black belts training under Hanshi Anderson at the time of the founding of the Kwanmukan? Bob Saal, Patrick M Hickey, Pamela J Hickey, and Janine Dalton.
9. Active Kwanmukan Shihan are: Patrick M Hickey, Robert J Saal, Pamela J Hickey, Joe Bonacci, Joe Gabriel, Mike Bukala, Larry Overholt, David Ames, Jeff Ellis, John Linebarger, Jerry Andrea, Carl Wilcox, Lance Weimer, Ray Jones, and Mike Paiser.
10. The Kwanmukan's major law-enforcement Karate-ka are George E Anderson, Larry Overholt, Joe Bonacci, Joe Gabriel, Max Ciscell.
11. Karate All-Americans and international champions that the Kwanmukan has produced are Carol Hofer, Peggy Snyder, Tony Clarke, James DeVenne, Pamela J Hickey, Joe Bonacci, Mike Bukala, Lance Weimer, Pete Timoch.
12. Lance Weimer fought in the World Games I, placing seventh.

George E Anderson

13. George E Anderson was born in Akron, Ohio, November, 1931.
14. He started martial arts training in 1950.
15. He earned his black belt in the early 1960's under Ill Joo Kim.
16. Ill Joo Kim was a student of Kim Pyung Soo and Park Chull Hee, founder of the Kang Duk Won Korean Kwon-Bop Association.
17. Park Chull Hee was a student of In Byung Yoon, a Shihan of the Shudokan.
18. In the 1960's Kim Ill Joo changed his affiliation to the Song Moo Kwan (Korean Shotokan) whose founder was Ro Byung Jick. Ro Byung Jick was a direct student of Gichin Funakoshi.
19. In Taekwondo, George E Anderson had a close association with Ki Whang Kim, Richard Chun, Henry Cho, Kang Rhee, Kim Soo Jin, Jhoon Rhee, Mon Soo Park, and Chong Lee.
20. At one time, George E Anderson was the President of the World Referee Council (and its chief referee), President of the Pan American Referee Council, President of the Pan American Union of Karatedo Organizations, and the President of the National AAU Karate Committee, the First Vice President of the World Union director of the World Medical Commission and a member of the United States Olympic Committee.
21. O-Sensei Anderson was inducted into the Black Belt Hall of Fame in 1985 as Man of the Year.
22. George E Anderson holds the following grades from the below organizations
 - a. 10th Dan Grandmaster Degree, Kwanmuzendokai International
 - b. 10th Dan Grandmaster Degree, Hanshi in Karate, United Nations Martial Arts Council
 - c. 10th Dan Grandmaster Degree, Chinese Martial Arts Sciences, World Martial Arts Council
 - d. 9th Dan Grandmaster Degree, Taekwondo, Korean Chang Moo Kwan Association

- e. 9th Dan Grandmaster Degree, USA Karate Federation
 - f. 9th Dan Grandmaster Degree, Taekwondo, Korean Kang Duk Won Association
 - g. 9th Dan Grandmaster Degree, Korean Kido Federation by In Sun Soo.
 - h. 9th Dan Grandmaster Degree, Central Taekwondo Association of USA
 - i. 9th Dan Grandmaster Degree, United States Jujitsu Federation
 - j. 9th Dan Grandmaster Degree, Nippon Seibukan, Kyoto, Japan by Masafumi Suzuki
 - k. 9th Dan Grandmaster Degree, United States Karate Association
 - l. 9th Dan Grandmaster Degree, United States National Karate Association
 - m. 8th Dan Masters Degree, Kobudo, United States Karate Ka Kai, Kobudokan
 - n. 6th Dan Masters Degree, United States Judo Association
 - o. 8th Dan Masters Degree, World Union of Karatedo Organizations
 - p. 8th Dan Masters Degree, Pan American Union of Karatedo Organizations
23. George E Anderson has also been recognized as a 9th Dan by the Korean Government through the Kukkiwon.
24. Appointed ranking Seibukan representative in the Unites States and Awarded Kyoshi-Shihan Grade from Masafumi Suzuki, 10th Dan, Kyoto, Japan.
25. Appointed ranking Kang Duk Won representative in the United States in 1997.
26. He was the representative of Karate to the United States Olympic Committee from 1986-1994.
27. He was a member of the United States Olympic Committee Board of Directors from 1990-1994 and elected to the Executive Board of the USOC in 1992.
28. Teams coached have won over 1000 awards and trophies, Has certified over 800 officials in over 50 international clinics, trained and coached over 90 All-Americans and 4 Bushido Award winners and one United States Olympic Committee athlete of the year. Served as official of Chief official at over 500 tournaments in U. S. and Canada.
29. George E Anderson was awarded Philosphiae Doctor/ O - Sensei in Zen Chuan evolved San Chin related Ryus College of Yudansha, Combined Halls of Fame, title of Philosphiae Doctor/ O-Sensei in Zen Chuan evolved San Chin related Ryus College of Yudansha, combined Halls of Fame 1986, Inducted into "Who's Who in Karate," 1986, Inducted into the Soke, Head or World Families, Hall of Fame, .1995, inducted into the USA Karate hall of fame in 1981.

Patrick M Hickey and Pamela J Hickey

30. Patrick M Hickey and Pamela J Hickey both hold 8th Dan in the Kwanmukan.
31. Patrick M Hickey and Pamela J Hickey both hold 8th Dan Central Taekwondo Association.
32. Patrick M Hickey and Pamela J Hickey both 8th Dan Changmukan Masters Lever Instructor in the Art and Leadership of Taekwondo
33. Patrick M Hickey and Pamela J Hickey both 8th Dan in The USA Karate Federation.
34. Patrick M Hickey holds 8th Dan Kwanmukan Jujitsu.
35. Patrick M Hickey holds 8th Dan Kyoshi in the US Jujitsu Federation.
36. Patrick M Hickey holds 8th Dan Kubodo in the Kobudokan.
37. Patrick M Hickey holds a 9th Dan Taiho Jitsu Certification.
38. Pamela J Hickey holds a 6th Dan Taiho Jitsu Certification.
39. Patrick M Hickey earned PUKO Kata and Kumite Referee certification.
40. Patrick M Hickey International Rokukai 5th Dan 1983.
41. Patrick M Hickey 6th Dan World Jujitsu Federation 1983.
42. Pamela J Hickey received 5th Dan USKA 1984.
43. Patrick M Hickey holds PUKO 6th Dan 1987.
44. Pamela J Hickey holds PUKO 5th Dan 1987.
45. Patrick M Hickey hosted first Karate Junior Olympics 1991.
46. Patrick M Hickey holds WUKO 6th Dan 1992.

47. Pamela J Hickey holds WUKO 5th Dan 1992.
48. Patrick M Hickey became the President of the USA Karate Foundation in 2000.
49. Patrick M Hickey has been the chief referee and director for over 50 national and international Karate championships.

Kwanmukan

50. The Kwanmukan is a multi-discipline martial arts organization.



51. Kwanmukan symbol and explanation are (see study guide.)
52. Kwan Mu means “Realization of the Essential”.
53. The Chinese character for kan (Kwan, Kuan) represents a gate or barrier to pass through. This was the reply to the koan: “Look my brothers, since the beginning of summer I have done a lot of talking. Look, have I any eyebrows left?” The answer given by Ummon was “Kan”.
54. The Chinese character for Mu represents a dog and comes from the reply of to the Koan, “Does a dog have Buddha nature.”

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55. The symbol for Kan (Kwan) . The symbol for Mu .
56. The three style forms of the Kwanmukan are called the First, Second, and Third Effort.
57. The Koan of Kwan Mu first effort is “If one anticipates, who has made the first attack”.
58. The Kwanmukan formal kata opening means “I clear my mind, close the senses and then come awake through unity of thought in action.”
59. The koan of Kwan Mu second effort is “If a purpose of an attack is not to be blocked and the purpose of an block is not to be attacked, then how can you”.
60. The fundamental open hand kata of the Kwanmukan are Taikyoku 1,2,3; Heian 1,2,3,4,5; Tekki 1,2,3; Batsai Dai, Sho; Kwan Ku Dai, Sho; Empi, Jion, Seienchin, Chinto, Sochin, Kwan Mu 1,2,3, Kwan Kong Chung Kwan
61. The forty-hands as taught by O-Sensei Anderson are the root hand forms which formed the base for Okinawa-te hand techniques.
62. Karate is structured in a military manner for safety.
63. Courtesies that should be shown and instructor when entering the dojo are to make a bow, say “Hello Sensei/Shihan”, and look to the cleanliness of the dojo as a personal responsibility.
64. Write the Chinese character for: Mu Rice (find) Barrier
65. Sakagawa's nickname was Tote which meant Chinese hand.
66. In cases of severe bruises the best treatment rice – rest, ice, compression, elevation.
67. Three dangerous strike points are throat, mastoid, spleen.
68. The most common result of trauma to the vagus nerve is epiglottis may spasm shut.

Karate

69. The teachers of Hanshi Anderson back to China were IJ Kim, Robert Trias, Phillip Koeppel to Byung Jick Ro, Chull Hee Park, Konishi, Gima to Gichin Funakoshi to Ankoh Itosu to Bushi Matsamura to Sakagawa Tote to Kwang Shang Fu.
70. Okinawan Karate was called Tang Soo or Okinawa-te or To-te.
71. “To-te” means Chinese hands.,
72. The meaning of Karate today is “open hands”.
73. The original meaning of Karate was “Chinese hands”.
74. Karate officially went to Japan in 1922 when Gichen Funakoshi traveled there to put on a demonstration.
75. At the urging of Funakoshi Gichen, the meaning of Karate was changed.
76. The meaning of Karate was changed in the year 1935 to “empty hands.”

77. Karatedo was believed to have evolved from Greece to India with Alexander the Great in form of Pancraetion Boxing. From India to China with Temo (Bohdiharma). From Northern China to Shuri in Okinawa, Southern Chinese to Naha in Okinawa. And by Gichen Funakoshi, an Okinawan, to Japan.
78. Horses predominated in Northern China and the related Karate style migrated to Okinawa at Shuri.
79. Boats predominated in Southern China and the related Karate style migrated to Okinawa at Naha.
80. Four martial arts originating in Japan were Judo, Aikido, Yawara, Kendo.
81. The First All - Japan Karatedo Championship Tournament was held in Tokyo in 1963.
82. The five things taught in Karate are punching, blocking, breathing, timing and kiai.
83. The Four Fundamentals of Karate Technique are Atemi - vital stroke, Kime - simultaneous focus of mind, hara and weapon, Ma-ai - distancing, Zanshin which includes the concepts of remaining mind, extending the ki, utterly cutting down and impenetrable posture
84. The four major Japanese Karate Styles are Goju ryu - Chojun Miyagi, Shito ryu - Kenwa Mabuni, Shotokan (JKA) - Gichen Funakoshi, Wado ryu - Hironori Otsuka
85. The major American styles are Kwannmuzendokai - George E. Anderson, Ko Sutemi Seie Kan - Donald R. Madden, Shuri ryu - Robert Trias
86. The style Funakoshi Gichin originated is now called Shotokan. It is named after a training hall built for him by his students. The "Shotokan" in Japan is the Japan Karate Association - JKA.
87. Funakoshi Gichin was not Shotokan and was not the chief instructor of the style.
88. Funakoshi held 5th dan in Karate.
89. The major system using the Funakoshi inheritance is called the Japan Karate Association (JKA).
90. The Taikyoku exercises were created by Funakoshi Gichin's son Gigo Funakoshi.
91. The Heian kata were created by Ankoh Itosu, a teacher of Gichen Funakoshi.
92. Zanshin includes remaining mind, extending your ki, impenetrable posture, utterly cutting down.
93. Mushin is the mind of no mind.
94. Atemi is interpreted as vital stroke.
95. The term Kenka means one who cuts down (dirty street fighting).
96. In the term Martial Arts, martial refers to Mars and involves the final judgment of combat; art is the showing of the ambient through the actions of the artist.
97. Ippon kumite is one step sparring.
98. Sanbon Kumite is three-step sparring.
99. Gohan Kumite is five-step sparring.
100. Maai is interpreted as interval.
101. Mass is measure of the ability of a body to resist inertia.
102. Force is the measure of the energy needed to resist inertia.

Kata

103. Other names for the Tekki kata are Nihanchi, Chulgi, Naifuchin, Naifun
104. Heian means peace and safety, and is taken from the name of an era in 11th century Japan.
105. Two other names for Heian kata are Pinan, Pyang-an.
106. The Nihanchi forms were known as Motobu 's kata.
107. Chinto (Am Hoc, Gankaku) means crane on the rock.
108. Batsai Dai signifies to break the fortress.
109. The Principle of the kata Batsai Dai is: Throw the hara the maximum distance with the maximum snap on a flat locus twisting 45 degrees on the arm actions; back is back and forward is forward; body shifts on lower connection to break the attack.
110. The Principle of the Kata Jion is: Throw the hara the maximum distance with the maximum snap on a flat locus; rhythm and shifting is different on the side and on the forward actions; back is down and down is forward. All techniques are thrown from the hara.

111. The Principle of the kata Seienchin is: Rise and fall of the hara with the breath and rhythmic tightening and relaxing of the muscles, particularly those around the hara.
112. The three conflicts of the Sanchin kata are birth, life, and death.
113. Every art encompasses four facets: content, form, message, means.
114. Time has three facets of involvement: tempo, beat, accent.
115. The three elements of the dance are: loco motor, axial, movement to and from the gaze.

Kobudo and Weapons

116. Kobudo consists mainly of bo, sai, tonfa, kama, nunchaku and eku.
117. The long staff is called a bo, the middle staff is called a jo, the short stick is called a yawara.
118. Kendo is the martial art of Japanese fencing.
119. Iaido is the art of quickly drawing the sword.
120. Jodo is the use of a short staff against a sword.
121. Explain how to sit in seiza. Sit in the formal kneeling position, back straight, with palms of hands placed on upper thighs.
122. What is meant by Mokuso? To close the eyes and clear the mind of all external thoughts, prepare to receive new knowledge.
123. One-ICH; Two-NI; Three-SAN; Four-SHI; Five-GO; Six-ROKYU; Seven-SHICHI; Eight-HACHI; Nine-KU; Ten-JU
124. The Japanese words for Dan grades are: Sho Dan; Ni Dan; San Dan; Yon Dan; Go Dan; Rokyū Dan; Shichi Dan; Hachi Dan; Ku Dan; Ju Dan.

Law Enforcement

125. George E Anderson was an Ohio Peace Officers Training Instructor from 1975-1986.
126. George E Anderson has been a member and advisor to a number of police training organizations such as the USKA Police Self Defense Instructor, the Officer Survival and Self Defense Institute, Police Survival Institute among others.
127. George E Anderson was the technical director of a number of police training seminars and programs.
128. Patrick M Hickey and Pamela J Hickey both received PSDI certification in 1977.
129. Patrick M Hickey was the Director of the USKA PSDI from 1981-1984.
130. Patrick M Hickey created the USKA Police Self Defense Institute

World Union of Karatedo Organizations (now known as World Karate Federation.)

131. The Technical Director at the 1st World Cup in Budapest was Kwanmukan Director George E Anderson, presiding over the unification of WUKO and the International Amateur Karate Federation.
132. The Technical Director at the First World Collegiate Karate Championships in Kobe, Japan, was Kwanmukan Director George E Anderson.
133. The First World Technical Congress was held in Akron, Ohio, and was chaired by George E Anderson. This congress Re-drafted rules as edited by George E Anderson, Patrick M Hickey and David Mitchell and were adopted unanimously by World Union of Karatedo Organizations Directing Committee in Maastricht, Holland. The Second World Technical Congress held in Kyoto, Japan was also chaired by George E Anderson.
134. USA Delegates were Patrick M Hickey, Donald R Madden, Tom LaPuppet, Kyoshi Yamazaki, Takiyuki Mikami and Minobu Miki.
135. George E Anderson was President of the World Referee Council from 1982-1987.
136. George E Anderson was Vice President of WUKO from 1986-1994.
137. George E Anderson was Director of the WUKO Medical Commission from 1988-1994.

Pan American Union of Karate-do Associations (now known as Pan American Karate Organization)

138. George E Anderson was first elected Secretary General of the PAUKO from 1980-1986.
139. He later became its President from 1986-1995 and directed the PAUKO recognition of Karate into the Pan American Games.
140. George E Anderson presided over the first appearance of Karate in the Pan American Games as a medal sport in 1995.
141. The office of the Pan American Union of Karatedo Organizations was in Akron, Ohio, at the Center for the Martial Arts.
142. George E Anderson and Patrick M Hickey wrote the constitution and by laws of the PAUKO.
143. George E Anderson was the President of the Pan American Referee Council from 1982-1987.
144. David Ames was the Pan American Kata Champion in the year 1984.

The USA Karate Federation

145. The USA Karate Federation was the Karate member of the United States Olympic Committee from 1992-1996
146. George E. Anderson is the only President of the USAKF.
147. George E Anderson also chairs the USAKF Technical Committee.
148. Patrick M Hickey was the Secretary General of the USAKF from
149. Patrick M Hickey also chaired the tournament administration, registration, coaches education and referee council of the USAKF.
150. Pamela J Hickey is an athletic representative.
151. Patrick M Hickey and Pamela J Hickey both received USA Karate National Referee licenses from the USAKF in 1990
152. Patrick M Hickey and Pamela J Hickey were both inducted into the USA Karate Hall of Fame in 1997.
153. Other Dans involved in the USA Karate Federation are Patrick M. Hickey, General Secretary, USA Karate; Michael Bukala, Chairman Tournament Administration Committee; Jeff Ellis, Chairman Junior Program; Bob Saal, National Coach; John Linebarger, National Coach, Pamela J Hickey, athletic representative.

United States Karate Association

154. The head of the USKA was Robert Trias who passed away July 11, 1989.
155. Sensei Anderson's duties with the USKA were Style Head, PR Director, Referee #, International Police Liaison.
156. George E Anderson was the style-head for the Korean and International systems for the USKA.
157. He also was the International Director for the USKA Police Liaison Division.
158. Patrick M Hickey was the head of the USKA Police Liaison Division.
159. George E Anderson was a member of the Trias International Society.
160. George E Anderson was recruited into the USKA by Phillip W Koeppel.
161. Grandmaster Trias' senior student is Phillip W Koeppel.
162. Phillip W Koeppel's current organization is the United States Karate Kai.
163. George E Anderson is a Presidential advisor to the USKK and was inducted into the Bushido International Society.
164. Patrick M Hickey holds USKA 5th Dan in both Taekwondo and Kwanmukan 1981
165. Pamela J Hickey holds USKA 4th Dan in both Taekwondo and Kwanmukan 1981

166. George E Anderson was Involved In the separation of Karate and Taekwondo within the AAU structure.
167. George E Anderson held positions and referee certification In both AAU Karate and AAU Taekwondo In the early 1970's.
168. George E Anderson became the Secretary of the AAU Karate Committee in 1979 and the Chairman in 1987.
169. George E Anderson was on the AAU of the USA Executive Committee form 1978-79.
170. Patrick M Hickey became the Treasurer in 1979 and the General Secretary in 1987.
171. The Second National AAU Senior Men's kumite national champion in 1976 was Tony Clarke.
172. Patrick M Hickey and George E Anderson wrote the constitution and by-laws of the NAAUKC, Inc.
173. Both George E Anderson and Patrick M Hickey were Awarded Life membership #1 by Amateur Athletic Union of the United States Karate Committee for special service.
174. George E Anderson was awarded Distinguished Service Award by the National AAU Karate Committee in 1979.
175. Patrick M Hickey was awarded Distinguished Service Award by the National AAU Karate Committee in 1980.
176. Patrick M Hickey was the Lake Erie AAU Karate Chairman from 1977 to 1986.
177. Patrick M Hickey and Pamela J Hickey both held National Referee Licenses in the AAU Karate from 1979.

Taekwondo

178. Taekwondo is a Korean Martial Art meaning the art of the hand and foot.
179. A kwan of Taekwondo is the individual family, school or style.
180. The first five major kwans in Taekwondo are:
 - a. Chung Do Kwan (blue waves, meaning a youngster's spirit and vitality), Won Kook Lee - 1945
 - b. Moo Duk Kwan (Korea Tang Soo Do Association and later Korea Soo Bahk Do Association, Hwang Kee - 1946
 - c. Song Moo Kwan (Song means pine tree, which meant green and a long life), Ro Byung Jick - 1946
 - d. Chang Moo Kwan (YMCA Kwon Bup Bu, YOON Byung In, later LEE Nam Suk and KIM Soon Bae - 1946
 - e. Chosun Yun Moo Kwan Kong Soo Do Bu (renamed Jidokwan (Wisdom Way School),Yon Kue Pyang - 1946
181. The four later kwans are
 - a. Oh Do Kwan, CHOI Hong Hi and NAM Tae Hi
 - b. Kang Duk Won (a house of teaching generosity), HONG Jong Pyo and PARK Chul Hee - 1956
 - c. Han Moo Kwan, LEE Kyo - 1956
 - d. Jung Do Kwan (stepping the right way), LEE Yong Woo - 1954
182. The earliest known form of Taekwondo was Taekyon.
183. Taekyon trained warriors became known as Hwarang.
184. In the year 935, Taekyon became known as Soobak - The art of kicking, punching and butting.
185. Korea was occupied by Japan from 1910 to 1946.
186. The first kwon of school to teach a native Korean martial art after the occupation by Japan was Chung Do Kwan in 1945 – Kwon Bup Bu was the art.
187. August 11, 1955 was the date of the first attempt to organize the kwans under the name Taesoodo - the art of Chinese hand.
188. In 1957 the word Taekwondo - the art of kicking and punching began to be used.

189. The Korea Taekwondo Association was created September 14, 1961 with General Cho Hong Hi as the first President.
190. In 1959, Hwang Kee, founder of the Moo Duk Kwan started the Korea Soo Bahk Do Association in opposition to the Korea Taekwondo Association.
191. The International Taekwon-Do Federation, was created in 1966 when Choi Hong Hi ran into political troubles in Korea.

Central Taekwondo Association

192. The Central Taekwondo Association was founded in 1972 in Summit County, Ohio.
193. The first chairman of the CTA was: George E. Anderson in 1974
194. The founding directors of the Central Taekwondo Association were George E. Anderson, Larry Lunn, Robert Chaney, and Dan R. Willis.
195. The three incorporators of the Central Taekwondo Association were: George E. Anderson, Pamela J. Hickey, and Patrick M. Hickey.
196. The current director of the Central Taekwondo Association is Patrick M. Hickey.
197. The Central Taekwondo Association is now considered a branch of the Chang Moo Kwan.
198. Hanshi Anderson holds a ninth dan in the Chang Moo Kwan. Mr. Hickey holds an eighth dan in the Chang Moo Kwan. Mrs. Hickey holds an eighth dan in Chang Moo Kwan
199. Patrick M Hickey and Pamela J Hickey hold ?????? dan in the Kang Duk Won.
200. The Kwanmukan initially evolved from the Song Moo Kwan but is now affiliated with the Kang Duk Won.
201. Song Moo Kwan means Pine Waves or Pine Tree School.
202. George E. Anderson received direct promotion from Byung Jick Rho, the founder of the Song Moo Kwan.
203. Hanshi Anderson's principle Taekwondo teacher was I J Kim. Mr. Kim's teachers were Chull Hee Park (Kang Duk Won) and Byung Jic Ro (Song Moo Kwan).
204. Pamela J Hickey was the Central Taekwondo Association athlete of the year 1980.

World Taekwondo Federation and Kukkiwon

205. The World Taekwondo Federation (WTF) is the International Governing Body for Taekwondo.
206. The Kukkiwon is the World Taekwondo Training Center/Headquarters and was founded in November, 1972 in Korea.
207. George E. Anderson holds a Ninth Dan recognition from the Korean government issued through the Kukkiwon.
208. George E Anderson received a Pan American Taekwondo officials certification in the early 1970's.

Judo

209. Jigoro Kano was the founder of Judo.
210. The Kwanmukan Chief Judo Instructor is Patrick M Hickey.
211. The three parts of the judo throw are tsukuri - entry, kuzushi - off-balancing and kake - execution. (Tsukuri, Kuzushi, Kake.)
212. The five basic principles in Judo are: Tai sabaki - body turning movement; Shintai - body movement; Kumikata - grasping; Kuzushi - off balancing; Tsukuri - blending action; Hairi - kata-method of entry; Kake - execution.
213. Jigoro Kano founded the Kodokan.
214. The five divisions of judo technique are nage-waza, osaekomi-waza, shime-waza, kansetsu-waza, atemi-waza.
215. Four men who attained the 10th (Judan) grade in Karate were Miyagi, Konishi, Ohtsuka, Mabuni.

216. Sadaki Nakabyashi, a famous Judo master held seminars in George E Anderson's dojo.

United States Judo Association

217. George E Anderson holds a 6th Dan in the USJA and is a trustee Life Member of the USJA.

218. Patrick M Hickey holds a USJA 4th Dan in 1984 and is a USJA Life Member

219. Pamela J Hickey holds a USJA 2nd Dan in 1984. and a USJA Life Member

International Jujitsu Federation

220. George E Anderson is a member of the JJIF Advisory committee and chairman of the central technical committee and the North American Commissioner.

221. The JJIF is the member of the General Assembly of International Sports Federations.

222. US Jujitsu Federation is the member of the JJIF for the United States.

223. Patrick M. Hickey led the first US delegation to the first JJIF World Cup in Copenhagen in 1993.

224. The first Kwanmukan personnel receiving international Jujitsu referee licenses from the JJIF were Patrick M Hickey, Jeff Ellis, Brian Pendleton, Mike Paiser, and Larry Feldman.

US Jujitsu Federation

225. George E Anderson was President of the US Jujitsu Federation from 1991-1995.

226. Patrick M Hickey was General Secretary of the US Jujitsu Federation from 1991-1995.

227. George E Anderson with Patrick M Hickey were founders of the USJFF.

228. George E Anderson and Patrick M Hickey are permanent life members and board members of the USJFF.

229. George E Anderson is the current Vice President of the USJFF

230. Patrick M Hickey is currently chairman of the coaching section. George E Anderson is chairman of the central technical committee.