

## **Karate as a Criteria in GCSE and A/AS Level Physical Education**

### **Introduction**

Karate is a Martial Art using controlled striking techniques and was developed in its modern form in Japan.

It was introduced to Europe around the 1950's and is now hugely popular in the UK, with an estimated 200,000 regular participants. It is used as a means of keeping fit, self defence and character development and is also a challenging and exciting sport.

In 1999, the Karate Union of Great Britain (KUGB), a member Association of Karate England, developed a syllabus and criteria for GCSE and A Level qualifications in co-operation with the Edexcel, OCR and AQA Examining Boards. The KUGB teaches Shotokan Karate and the documents were based on this style, but provision was made for them to be adaptable for Goju Ryu, Shito Ryu, Wado Ryu, Shukokai or Kyokushinkai etc. Most of the terms used are generic and will be understood by qualified Karate instructors and assessors.

This means that:

- \* the option is available for those wishing to take a GCSE or A/AS Level in Physical Education to chose Karate as one of the activities.
- \* existing Karateka (students) might decide to chose Physical Education as a GCSE A/AS Level subject.

In practice, those doing GCSE in PE will chose four physical activities/sports approved by the Examining Board to study and practice, and will in addition have to study some associated areas such as physiology and teaching skills. This usually takes two years, so in essence, a student will spend about one term of study time on each activity. This would equate to a Karate student training for their first grading.

An A level student will chose three physical activities, and usually be expected to have already achieved GCSE level. They will therefore spend more time on each activity and be expected to reach a higher level.

The minimum levels of technical competence required are:

GCSE	-	9th - 8th Kyu
A/AS Level	-	7th - 5th Kyu

This option has proved very popular, with many requests from students and PE teachers for copies of the syllabus and criteria.

The terms used in the syllabi are Japanese with English translation.

Those interested will need to ask their PE teacher who if necessary can consult with their Examining Board if they have any queries.

## GCSE - Karate Syllabus

This syllabus is based on the knowledge and skill that would be expected from a candidate with no previous experience in Karate, who trains with a qualified Karate Instructor for at least two one-hour sessions per week over a three to four month period. Candidates with previous experience of Karate should demonstrate a commensurately higher skill level throughout the syllabus content.

Candidates will be assessed on the quality of the performance of individual skills from:

- a) **KIHON** - a range of basic techniques.
- b) **KATA** - formal exercise sequence
- c) **KUMITE** - pre-arranged sparring

The following syllabus is Shotokan based, and can be appropriately adapted for Goju Ryu, Shito Ryu, Wado Ryu, Shukokai or Kyokushinkai etc. Most of the terms used are generic and will be understood by qualified Karate instructors and assessors.

Shotokan Term	Japanese	Other Style Equivalent /Alternative
<b>a) KIHON</b>		
<b>Stances</b>	<b>Dachi</b>	
Front Stance	Zenkutsu Dachi	_____
Back Stance	Kokutsu Dachi	_____
Straddle Stance	Kiba Dachi	_____
<b>Blocks</b>	<b>Uke</b>	
Downward Block	Gedan Barai Uke	_____
Outside Block	Chudan Soto Uke	_____
Inside Block	Chudan Uchi Uke	_____
Knife Hand Block	Chudan Shuto Uke	_____
Rising Block	Jodan Age Uke	_____
<b>Punches</b>	<b>Tsuki</b>	
Straight Punch	Choku Tsuki	_____
Stepping Punch	Oi Tsuki	_____
Reverse Punch	Gyaku Tsuki	_____
<b>Strikes</b>	<b>Uchi</b>	
Back-fist strike	Uraken Uchi	_____
<b>Kicks (Keri)</b>		
Front Kick	Mae Geri	_____
Side snap kick	Yoko geri keage	_____
Side thrust kick	Yoko geri kekomi	_____
<b>b) KATA</b>		
1st Basic Kata	Kihon Kata (Taikyoku Shodan)	_____
2nd Basic Kata	Heian Shodan	_____
<b>c) KUMITE</b>		
Five-step sparring	Gohon Kumite	_____

### GCSE Karate - Practical Assessment Criteria

Level	1-2	3-4	5-6	7-8	9-10
<b>KIHON</b>	All techniques performed with reasonable form and co-ordination.	All techniques at medium speed with reasonable form and co-ordination.	All techniques at full speed with good form and co-ordination.	All techniques at full speed with very good form, good focus, power and smoothness of application.	All techniques at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.

All techniques must be performed a minimum of three times, with Kiai on the last technique.

<b>KATA</b>	1st Basic Kata performed with reasonable form and co-ordination.	1st Basic Kata at medium speed with reasonable form and co-ordination.	1st Basic Kata at full speed with good form and co-ordination.	1st Basic Kata at full speed with very good form, good focus, power and smoothness of application.  2nd Basic Kata at full speed with very good form, good focus, power and smoothness of application.	1st Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.  2nd Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.
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<b>KUMITE</b>	Basic Kumite performed with reasonable form and Kiai.	Basic Kumite at medium speed with reasonable form and co-ordination and Kiai.	Basic Kumite at full speed with good form and co-ordination and Kiai.	Basic Kumite at full speed with very good form, good focus, power and smoothness of application, good timing and vigorous Kiai.	Basic Kumite at full speed with very good form, very good focus, maximum power, smoothness of application, very good timing, correct distance and vigorous Kiai.
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nb At all levels of Kumite, the emphasis must be on good control and safe delivery of attacks and counter-attacks. Kiai should be used on every counter-attack.

Candidates will also be expected to demonstrate, written or verbally, basic knowledge of:

- the rules of dojo etiquette
- the dojo code
- general code of conduct for Karateka
- basic rules of Kata competition
- the rules and procedures for basic sparring

## A Level - Karate Syllabus

This syllabus is based on the knowledge and skill that would be expected from a candidate with previous experience in Karate, at least to GCSE level, who trains with a qualified Karate coach for a minimum of 72 one hour sessions. Candidates with greater experience of Karate should be able to demonstrate a commensurately higher skill level throughout the syllabus content.

Candidates will be assessed on the quality of the performance of individual skills from:

- a) **KIHON** - a range of basic techniques, including basic combinations.
- b) **KATA** - formal exercise sequence
- c) **KUMITE** - pre-arranged sparring

The following syllabus is Shotokan based, and can be appropriately adapted for Goju Ryu, Shito Ryu, Wado Ryu, Shukokai or Kyokushinkai etc. Most of the terms used are generic and will be understood by qualified Karate instructors and assessors.

### a) KIHON

Three punch combination	Sanbon Tsuki	
Rising block, reverse punch, downward block	Age uke, gyaku tsuki, gedan barai	_____
Outside block, reverse punch	Soto uke, gyaku tsuki	_____
Outside block, elbow strike, back-fist strike	Soto uke, empi uchi, uraken uchi	_____
Inside block, double punch	Uchi uke, kizami tsuki, gyaku tsuki	_____
Knife hand block, front kick, spear hand thrust	Shuto uke, mae ashi geri, nukite	_____
Double front kick (changing legs)	Mae ren geri	_____
Side snap kick	Yoko geri keage	_____
Side thrust kick	Yoko geri kekomi	_____
Roundhouse kick	Mawashi geri	_____

### b) KATA

2nd Basic Kata	Heian Shodan	
3rd Basic Kata	Heian Nidan	_____
4th Basic Kata	Heian Sandan	_____
5th Basic Kata	Heian Yondan	_____

### c) KUMITE

One Step Basic sparring	Kihon Ippon Kumite	
Attacker using stepping punch to the face and chest and front kick and side thrust kick to the chest.	Jodan and Chudan Oi-tsuki	_____
	Chudan mae geri	_____
	Yoko geri kekomi	_____

Candidates will also be expected to demonstrate in writing, a basic knowledge of:

- the definition of Karate
- the history of Karate
- code of conduct for Karateka
- the rules and procedures for Kata competitors
- the rules and procedures for Ippon Kumite competition

## A Level PE - Karate - Practical Assessment Criteria

Level	1-3	4-6	7-9	10-12	13-15
<b>KIHON</b>	All techniques or combinations performed with reasonable form and co-ordination.	All techniques or combinations at medium speed with reasonable form and co-ordination.	All techniques or combinations at full speed with good form and co-ordination.	All techniques or combinations at full speed with very good form, good focus, power and smoothness of application.	All techniques or combinations at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.

All techniques and combinations must be performed a minimum of three times, with Kiai on the last technique.

### KATA

			2nd Basic Kata at full speed with good form and co-ordination	2nd Basic Kata at full speed with very good form, good focus, power and smoothness of application.	2nd Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.
	3rd Basic Kata performed with reasonable form and co-ordination.	3rd Basic Kata at medium speed with reasonable form and co-ordination.	3rd Basic Kata at full speed with good form and co-ordination.	3rd Basic Kata at full speed with very good form, good focus, power and smoothness of application.	3rd Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.
	4th Basic Kata performed with reasonable form and co-ordination.	4th Basic Kata at medium speed with reasonable form and co-ordination.	4th Basic Kata at full speed with good form and co-ordination.	4th Basic Kata at full speed with very good form, good focus, power and smoothness of application.	4th Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.
	5th Basic Kata performed with reasonable form and co-ordination.	5th Basic Kata at medium speed with reasonable form and co-ordination.	5th Basic Kata at full speed with good form and co-ordination.	5th Basic Kata at full speed with very good form, good focus, power and smoothness of application.	5th Basic Kata at full speed with very good form, very good focus, maximum power, smoothness of application and vigorous attitude.

### KUMITE (KIHON IPPON)

	Performed with reasonable form and co-ordination and Kiai.	Performed at medium speed with reasonable form and co-ordination and Kiai.	Performed at full speed with good form and co-ordination and Kiai.	Performed at full speed with very good form, good focus, power and smoothness of application, good timing and vigorous Kiai.	Performed at full speed with very good form, very good focus and maximum power, smoothness of application, very good timing, correct distance and vigorous Kiai.
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nb At all levels of Kumite, the emphasis must be on good control and safe delivery of attacks and counter-attacks. Kiai should be delivered on every counter-attack, or, where a combination counter is used, on the last technique.