

Ed Hamile's (1923-1999) FOUNDER

# WEST COAST SHOTO KAN KARATE - DO ASSN. INTERNATIONAL

## & WORLD FEDERATION OF KARATE - DO ORGANIZATIONS

SCHOOLS IN U.S.A, MEXICO, EUROPE,  
& ISRAEL

**Shihan Shalom Avitan**

CHIEF INSTRUCTOR

W.C.S.K.K.A.I & W.F.K.O



Main Headquarters: 73, Jerusalem Are. Kiryat Yam 26103  
P.O.B. 98 Kiryat Hayim, Haifa - Israel.

Tel/Fax. (972) - 4 - 8754232  
E-mail. [Avitan@netvision.net.il](mailto:Avitan@netvision.net.il)

mobile: 052-516649

Shihan Ed Hamile (1923-1999)  
Shihan Shalom Avitan – Chief Examiner

### 3<sup>rd</sup> Dan (Sandan) Examination Procedures

#### **KIHON:**

*Last attack every set with KIAI.*

#### **Hand Techniques – By Agime**

*Yoi... Gedan Barai right leg step back*

**5 Times**

- FORWARD: **GEDAN BARAI, AGA ZUKI, URAKEN UCHI UNAGI TE, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**  
Down Block, Rising Punch [Chin], Back Fist Strike (same hand), Reverse Punch [stomach] and Jab Punch [face].
- BACK: **ROKO ZUKI [jodan, chudan, gedan]**  
Forward Lunging Punch [face×2, stomach×2, lower stomach×2].
- FORWARD: **AGE UKE, URAKEN UCHI, GEDAN BARAI UNAGI TE, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**  
Rising Block, Back Fist Strike, Down Block (same hand), Reverse Punch [stomach] and Jab Punch [face].
- BACK: **SOTO UKE (zenkutsu dachi), YOKO EMPI, URAKEN UCHI (kiba dachi), GEDAN BARAI (zenkutsu dachi), GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**  
Outside Block (forward stance), Elbow Strike, Back Fist Strike (side stance), Down Block (forward stance), Reverse Punch [stomach] and Jab Punch [face].
- FORWARD: **UCHI UKE, KIZAMI ZUKI [jodan], SOTO UKE UNAGI TE, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]**  
Inside Block, Jab Punch [face], Outside Block (same hand), Reverse Punch [stomach] and Jab Punch [face].
- BACK: **SHOTO UKE (kokutsu dachi), NIDAN MAE GERI KEAGE; NUKITE [chudan] (zenkutsu dachi), NAKO ASHI DACHI, MAE GERI KEAGE MAE ASHI, GEDAN BARAI (zenkutsu dachi)**  
Knife-Hand Block (back stance), Front Leg Snap Kick [stomach], Back Leg Snap Kick [face], Finger Thrust [stomach] (forward stance); Two-Hand Block (Back Leg Stance), Front Leg Snap Kick [stomach], Down Block (forward stance).

**Yame**

#### **Combined Techniques – By Agime**

*Yoi... Gedan Barai right leg step back*

**2 Times - Forward, Turn & Back:**

**ROKO ZUKI [jodan, chudan, gedan], MAE GERI KEAGE [chudan] (URA ASHI), GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan], drawing back AGE UKE, URAKEN UCHI, GYAKO ZUKI [chudan], forward NIDAN MAE GERI KEAGE-KEKOMI [chudan] UNAGI ASHI, forward MAWASHI GERI KEAGE [jodan]-YOKO GERI KEKOMI (UNAGI ASHI), forward URAKEN UCHI, forward SHOTO UKE (kokutsu dachi) NIDAN MAE GERI KEAGE (MAE ASHI-URA ASHI); NUKITE [chudan] (zenkutsu dachi), forward GEDAN BARAI, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan], MAITE, again, MAITE, ... Yame**

**Kicking Techniques – By Agime*****Yoi... Gedan Barai right leg step back*****(In the end of each set, MAITE with GEDAN BARAI)****5 Times**

- FORWARD: SANBAN MAE GERI KEAGE (*URA ASHI, MAE ASHI, URA ASHI*) - HIDARI MAE GERI KEAGE [jodan], KIZAMI MAE GERI KEAGE [chudan], HIDARI MAE GERI KEAGE [jodan]  
Triple Kick - Back Leg Front Snap Kick [Face], Front Leg Front Snap Kick [stomach] and Back Leg Front Snap Kick [Face] **MAITE**.
- BACK: NIDAN GERI - MAE GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (*UNAGI ASHI*)  
Front Snap Kick [Face], Side Thrust Kick [stomach] - same leg **MAITE**.

**3 Times**

- FORWARD: NIDAN GERI - MAE GERI KEAGE [chudan] (*kawaru*) YOKO GERI KEKOMI [chudan]  
Double Kick - Front Snap Kick [stomach] (change legs) Side Thrust Kick [low] **MAITE**.

**5 Times**

- BACK: SANBAN GERI - MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (*URA ASHI – UNAGI ASHI*), MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (*MAE ASHI – UNAGI ASHI*), MAWASHI GERI KEAGE [jodan], YOKO GERI KEKOMI [chudan] (*URA ASHI – UNAGI ASHI*)

Roundhouse Snap Kick [face], Side Thrust Kick [low]: Back Leg-same leg

Roundhouse Snap Kick [face], Side Thrust Kick [low]: Front Leg-same leg,

Roundhouse Snap Kick [face], Side Thrust Kick [low]: Back Leg-same leg

**MAITE**.

- FORWARD: NIDAN USHIRO GERI KEKOMI-KEAGE [chudan] (*URA ASHI – UNAGI ASHI*),  
Double Kick - Back Leg Back Thrust Kick [stomach] and Back Snap Kick [stomach] (same leg) **MAITE**.

**3 Times**

- BACK: MAE NIDAN TOBI GERI KEAGE, GYAKO ZUKI [chudan], KIZAMI ZUKI [jodan]  
Double Flying Front Snap Kicks, Reverse Punch [stomach] and Jab Punch [face] **MAITE**.

**1 Time**

FORWARD, TURN & BACK: KIZAMI MAE GERI KEAGE , HIDARI YOKO GERI KEKOMI,  
KIZAMI MAWASHI GERI KEAGE , HIDARI MAWASHI GERI KEKOMI,  
KIZAMI YOKO GERI KEAGE , HIDARI YOKO GERI KEKOMI ,  
NIDAN USHIRO GERI KEKOMI (*UNAGI ASHI*),  
OI ZUKI [chudan], Each forward front leg-back leg, **MAITE**, ... *Yame*.

***Yoi... Kiba Dachi Stance - Gedan Barai right leg step back*****3 Times**

- FORWARD: YOKO GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], MAE GERI KEAGE [chudan], MAE GERI KEKOMI [chudan] *UNAGI ASHI*, MAE ZUKI [chudan], KAGA ZUKI [chudan], MAE URAKEN UCHI, KAGA ZUKI [chudan], KIZAMI ZUKI [jodan]  
Side Snap Kick [low], Side Thrust Kick [low], Front Snap Kick [stomach], Front Thrust Kick [stomach] *to the Front* - same leg, Jab Punch [face], Reverse Roundhouse Punch [stomach], Back Fist Strike ,Reverse Roundhouse Punch [stomach] and Jab Punch [face] **MAITE**.
- BACK: YOKO GERI KEKOMI [chudan], YOKO GERI KEAGE [chudan], MAE GERI KEKOMI [chudan], MAE GERI KEAGE [chudan] *UNAGI ASHI*, MAE ZUKI [chudan], KAGA ZUKI [chudan], MAE URAKEN UCHI, KAGA ZUKI [chudan], KIZAMI ZUKI [jodan]  
Side Thrust Kick [low], Side Snap Kick [low], Front Thrust Kick [stomach], Front Snap Kick [stomach] *to the Front* - same leg, Jab Punch [face], Reverse Roundhouse Punch [stomach], Back Fist Strike ,Reverse Roundhouse Punch [stomach] and Jab Punch [face] **MAITE**. *Yame*

### 3 Times

FORWARD, TURN & BACK:: MAWASHI GERI KEAGE, YOKO GERI KEAGE, YOKO MAWASHI GERI, YOKO GERI KEKOMI, MAE GERI KEKOMI *MINA GERI-UNAGI ASHI*], MAITE, again, MAITE, ...  
*Yame.*

### Balance Kicking Techniques

*Yoi ...Gedan Barai right leg step back; start by "Agime" until told to "Yame"*

MAE GERI KEAGE [chudan], MAE GERI KEKOMI [chudan], YOKO GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], MAWASHI GERI KEAGE [chudan], YOKO GERI KEKOMI [chudan], USHIRO GERI KEKOMI [chudan] *UNAGI ASHI*

Front Snap Kick [stomach], Front Thrust Kick [stomach], Side Snap Kick [low] *to the side*, Side Thrust Kick [low] *to the side*, Roundhouse Snap Kick [low] *to the Front*, Side Thrust Kick [low] *to the side*, Back Thrust Kick [stomach] *to the back* - same leg, *without lowering the kicking leg and without moving the other.*

(After "Yame" change legs and repeat).

### Controlled Punching

*Yoi ...Gedan Barai right leg step back; start by "Agime" until told to "Yame"*

Use URA ZUKI, TATE ZUKI & GYAKO ZUKI according to distance from target.

(After "Yame" change legs and repeat).

### **KATA:**

- HEIAN NIDAN, SANDAN, YONDAN & GODAN – By random order.
- TEKKI SHODAN, NIDAN & SANDAN – By random order.
- 1 of Black Belt Kata: JIYON, EMPI, BASAI-SHO, KANKU-SHO.
- 3 CHOSEN KATAS (Must know Bunkai).

### **KUMITE:**

#### **Casts (Throws)**

**One step attack with *KIAI*, an adequate block combined with throwing down Attacker to the ground (within 2 seconds) and counter attack with *KIAI*.** Two separate forms:

- A. Bow, Attacker Gedan Barai right leg step back with *KIAI*, Defender stays at *Yoi*.
- B. Bow, first Attacker and Defender Gedan Barai right leg step back with *KIAI*, then change stance to *KAMAY* (free sparring stance).

**Attacks (each 2 times – 1 from Yoi (A), 1 from *KAMAI* (B)):**

1. [jodan] OI ZUKI.
2. [chudan] OI ZUKI.

- Holding cloth with both hands from the front (Release & cast opponent).
- Holding all around the body from the back (Release & cast opponent).

\* 10 times, 2 minutes Free Sparring (JIYU KUMITE) - each Vs. a different *KARATEKA* (altogether 20 minutes in a row).

### **Research Paper:**

Written paper on the subject of KARATE, must be handed in on the day of the exam (minimum of 6 pages).

**Good Luck!**

**Shihan Shalom Avitan – Chief Examiner**

**Respect - but fear no man**