

COMBAT ACTIVITY

KARATE (Non-contact)

Unit 2564 (AS)

National Governing Body: The Karate Union of Great Britain
PO Box 3, Wirral, CH43 6XX

STANDARDISATION

It is assumed that teaching and assessment of Karate will be carried out by appropriately qualified Instructors in conjunction with the teacher responsible for A Level Physical Education in the Centre. The teacher responsible for A Level Physical Education will ensure that the pitch/level of these assessments is comparable with all other activities assessed by the centre.

ASSESSMENT

The candidate is assessed in the selection of acquired and developed skills in conditioned competitive situations which focus on:

- KIHON - a range of basic techniques including basic combinations;
- KATA - formal exercise sequence;
- KUMITE - sparring.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- KIHON - Speed, form, focus, power, smoothness of application, attitude.
- KATA - Speed, form, focus, smoothness of application, attitude.
- KUMITE - Speed, form, focus, smoothness of application, timing, distance, safe control of techniques.

In their performances in the conditioned competitive situations candidates will be expected to demonstrate their knowledge and understanding of:

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

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

The following conditioned competitive situations are Shotokan based and could be appropriately adapted for Goju Ryu, Shito Ryu or Wado Ryu etc. Most of the terms are generic and will be understood by qualified instructors and assessors.

	Shotokan term	Other style equivalent or alternative
a) KIHON Three punch combination Rising block, reverse punch, downward block Outside block, reverse punch Outside block, elbow strike, backfist strike Inside block, double punch Knife hand block, front kick, spear hand thrust Double front kick (changing legs) Double side kick (same leg) Roundhouse kick	Sanbon tsuki Age uke, gyaku tsuki Soto uke, gyaku tsuki Soto uke, empi uchi Uchi uke, gyaku tsuki Shuto uke, nukite Mae ren geri Yoko ren gen Mawashi geri	_____ _____ _____ _____ _____ _____ _____ _____
b) KATA 2nd Basic Kata 3rd Basic Kata	Heian Shodan Heian Nidan	_____ _____
c) KUMITE One Step Basic sparring - Attacker using stepping punch to the face and chest	Kihon Ippon Kumite - Jodan and Chudan Oi-tsuki,	_____ _____

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

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

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in contests. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the events. There is a sound level of success in the selection and application of advanced techniques in the contests and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7 –12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the contests. There is an attempt to select and apply advanced techniques in the contests and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the conditioned competitive situations become more consistent and progress has allowed some learning and understanding.
0 -6	Candidate demonstrates a moderate level of acquired and developed skills that allows for moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

Assessment

In addition to the generic banded criteria Centres may find the following activity specific assessment criteria helpful.

AS Level PE - Karate - Practical Assessment Criteria

Level	1-2	3-4	5-6	7-8	9-10
KIHON	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 or combination.					
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 Kate performed with reasonable form and co-ordination.	3rd Basic Kate 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.
KUMITE	Kihon Ippon Kumite performed with reasonable form and co-ordination and Kiai	Kihon Ippon Kumite at medium speed with reasonable form and co-ordination and Kiai	Kihon Ippon Kumite full speed with good form and co-ordination and Kiai	Kihon Ippon Kumite at full speed with very good form, good focus, power, smoothness of application, good timing and vigorous Kiai	Kihon Ippon Kumite at full speed with very good form, very good focus, maximum power, smoothness of application, very good timing, correct distance and vigorous Kiai.
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.					

COMBAT ACTIVITY

KARATE (Non-contact)

Unit 2567 (A2)

STANDARDISATION

It is assumed that teaching and assessment of Karate will be carried out by appropriately qualified Instructors in conjunction with the teacher responsible for A Level Physical Education in the Centre. The teacher responsible for A Level Physical Education will ensure that the pitch/level of these assessments is comparable with all other activities assessed by the centre.

ASSESSMENT

The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour in formal competitive situations which focus on:

- KIHON - a range of basic techniques including basic combinations;
- KATA - formal exercise sequence;
- KUMITE - sparring.

The level of success of the acquired and developed skills will be measured through the movement phases identified below:

- KIHON - Speed, form, focus, power, smoothness of application, attitude.
- KATA - Speed, form, focus, smoothness of application, attitude.
- KUMITE - Speed, form, focus, smoothness of application, timing, distance, safe control of techniques.

In their performances in the formal competitive situations candidates will be expected to demonstrate their knowledge and understanding of:

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

These assessment phases are used in conjunction with the following assessment criteria for the formal competitive situations. The candidate is assessed out of a maximum of 30 marks.

The following formal competitive situations are Shotokan based and could be appropriately adapted for Goju Ryu, Shito Ryu or Wado Ryu etc. Most of the terms are generic and will be understood by qualified instructors and assessors.

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the contest. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the contest. There is a sound level of success in the selection and application of advanced techniques in the contest and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7 – 12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the contest. There is an attempt to select and apply advanced techniques in the contest and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use tactics and strategies at satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0 – 6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident. The candidate plays occasionally in a team.

Assessment

In addition to the generic banded criteria Centres may find the following activity specific assessment criteria helpful.

A2 Level PE - Karate - Practical Assessment Criteria

Level	1-2	3-4	5-6	7-8	9-10
KIHON	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 or combination.					
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 & 5th Basic Kata As above	4th & 5th Basic Kata As above	4th & 5th Basic Kata As above	4th & 5th Basic Kata As above	4th & 5th Basic Kata As above
KUMITE	Kihon Ippon Kumite performed with reasonable form and co-ordination and Kiai	Kihon Ippon Kumite at medium speed with reasonable form and co-ordination and Kiai	Kihon Ippon Kumite full speed with good form and co-ordination and Kiai	Kihon Ippon Kumite at full speed with very good form, good focus, power, smoothness of application, good timing and vigorous Kiai	Kihon Ippon Kumite at full speed with very good form, very good focus, maximum power, smoothness of application, very good timing, correct distance and vigorous Kiai.
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.					