

Grading Syllabus

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
9th Kyu **8th Kyu**	**<u>Zen-kutsu Dachi - Gedan Barai</u>** Oi-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke **<u>Ko-kutsu Dachi Kamae</u>** Shuto Uke **<u>Zen-kutsu Dachi Kamae</u>** Mae Geri **<u>Kiba Dachi:</u>** Yoko Geri Keage	**Heian Shodan** **9th Kyu** To Examiner Count **8th Kyu** No Count	**Gohon Kumite (5-step)** Jodan Chudan
7th Kyu	**<u>Zen-kutsu Dachi - Gedan Barai</u>** Oi-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki **<u>Ko-kutsu Dachi Kamae</u>** Shuto Uke **<u>Zen-kutsu Dachi Kamae</u>** Mae Geri Mawashi Geri **<u>Kiba Dachi:</u>** Yoko Geri Keage Yoko Geri Kekomi	**Heian Nidan**	**Sanbon Kumite (3-step)** Jodan Chudan Mae-Geri No.1 & No. 2

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
6th Kyu	**Zen-kutsu Dachi - Gedan Barai** Oi-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki **Ko-kutsu Dachi Kamae** Shuto Uke **Zen-kutsu Dachi Kamae** Mae Geri Mawashi Geri **Kiba Dachi:** Yoko Geri Keage Yoko Geri Kekomi	**Heian Sandan**	**Sanbon Kumite (3-step)** Jodan Chudan Mae-Geri No.1 & No. 2 Both Left & Right Side
5th Kyu	**Zen-kutsu Dachi - Gedan Barai** Sanbon-zuki (Jodan - Chudan - Chudan) Sanbon-gyaku Zuki (Chudan - Jodan - Chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - Kizami Zuki - Gyaku Zuki **Ko-kutsu Dachi Kamae** Shuto Uke - Nukite **Zen-kutsu Dachi Kamae** Mae Geri Rengeri Mawashi Geri **Kiba Dachi:** Yoko Geri Keage Yoko Geri Kekomi	**Heian Yondan**	**Kihon Ippon Kumite (Basic 1-step)** 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
4th Kyu	**Zen-kutsu Dachi - Gedan Barai** Sanbon-zuki (Jodan - Chudan - Chudan) Sanbon-gyaku Zuki (Chudan - Jodan - Chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - Kizami Zuki - Gyaku Zuki **Ko-kutsu Dachi Kamae** Shuto Uke - Nukite **Zen-kutsu Dachi Kamae** Mae Geri Rengeri Mawashi Geri **Kiba Dachi:** Yoko Geri Keage Yoko Geri Kekomi	**Heian Godan**	**Kihon Ippon Kumite (Basic 1-step)** 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri Both Left & Right Side
3rd Kyu	**Zen-kutsu Dachi - Gedan Barai** Oi-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke **Ko-kutsu Dachi Kamae** Shuto Uke **Zen-kutsu Dachi Kamae** Mae Geri Mawashi Geri Ushiro Geri **Kiba Dachi:** Yoko Geri Keage Yoko Geri Kekomi	**Tekki Shodan**	**Kihon Ippon Kumite (Basic 1-step)** **Candidates Choice:** 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri Both Left & Right Side **Examiner choice:** From No. 1 - 4 after the student has completed the above.

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
2nd Kyu **1st Kyu**	**<u>Zen-kutsu Dachi - Gedan Barai</u>** Mae Geri - Jun-zuki Mawashi Geri - Gyaku Zuki Gyaku Zuki - Mae Geri - Jun-zuki - Gedan Barai **<u>Zen-kutsu Dachi Kamae</u>** Mae Geri - Mawashi Geri Kizami Yoko Geri - Ushiro Geri **<u>Kiba Dachi:</u>** Yoko Keage - Yoko Kekomi (same leg) Nami Ashi	**2nd & 1st Kyu** **Bassai Dai** **Tekki Shodan**	**Jiyu Ippon Kumite (Semi-free 1-step)** 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri **2nd Kyu – Left Side Only** **1st Kyu – Left & Right Side**
1st Dan (Shodan)	**<u>Zen-kutsu Dachi - Gedan Barai</u>** Sanbon-zuki (Jodan - Chudan - Chudan) Sanbon-gyaku Zuki (Chudan - Jodan - Chudan) Jodan Age Uke - Gedan Barai - Gyaku Zuki Soto Ude Uke - Empi - Uraken - Gyaku Zuki Uchi Ude Uke - Kizami Zuki - Mae Geri - Gyaku Zuki Mae Geri - Mawashi Geri - Gyaku Zuki - Gedan Barai Mae Geri - Yoko Geri - Gyaku Zuki - Gedan Barai **<u>Ko-kutsu Dachi Kamae</u>** Shuto Uke - Kizami Geri - Nukite **<u>Kiba Dachi:</u>** Yoko Keage - Yoko Kekomi (switch legs) Nami Ashi	**Candidates Choice** Bassai Dai Kanku Dai Jion Enpi Jitte **Examiners Choice** Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan **Essay on any karate-related topic** (2 pages)	**Jiyu Ippon Kumite (Semi-free 1-step)** 1 x Jodan 1 x Chudan 1 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri 1 x Ushiro Geri 1 x Kizami Zuki 1 x Gyaku Zuki Both Left & Right Side **Kime waza** Gyaku Zuki

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
2nd Dan (Nidan)	**<u>Jiyu na Kamae</u>** Kizami Zuki - Mae Geri - Jun Zuki Age Uke (Back) - Mawashi Geri - Uraken - Jun Zuki **<u>Fudo Dachi Gedan Barai Kamae</u>** Jun Zuki Chudan Sanbon Zuki: Jun Zuki (Fudo Dachi) - Gyaku Zuki (Zen Kutsu Dachi) - Jun Zuki (Fudo Dachi) (All Chudan) **<u>Zenkutsu Dachi Shomen:</u>** (Kicking with the same leg) Mae Geri - Mawashi Geri Mawashi Geri - Yoko Kekomi Mae Geri - Yoko Geri - Ushiro Geri	**Candidates 1st Choice** Bassai Sho Kanku Sho Tekki Nidan Gankaku Hangetsu **Candidates 2nd Choice** Bassai Dai Kanku Dai Jion Enpi Jitte **Essay on any karate-related topic** (2 pages)	**Jiyu Kumite (Free Fighting)** **Kime waza** Kizami Zuki **Female and Older Applicants:** Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite
3rd Dan (Sandan)	**<u>Fudo Dachi Gedan Barai Kamae</u>** Jun Zuki Chudan Sanbon Zuki: Jun Zuki (Fudo Dachi) - Gyaku Zuki (Zen Kutsu Dachi) - Jun Zuki (Fudo Dachi) (All Chudan) **<u>Jiyu na Kamae</u>** Tai Sabaki 45 - Kizami Zuki - Gyaku Zuki - Mawashi Geri - Uraken - Gyaku Zuki Kizami Zuki - Tai Sabaki 90 – Tate Shuto Uke - Gyaku Zuki **<u>Zenkutsu Dachi Shomen:</u>** (Kicking with the same leg) Mae Geri - Yoko Geri - Ushiro Geri - Mawashi Geri	**Candidates Choice** Sochin Nijushiho Tekki Sandan Chinte Ji-in **Examiners Choice** Bassai Dai Kanku Dai Jion Enpi Jitte **Essay on any karate-related topic** (2 pages)	**Jiyu Kumite (Free Fighting)** **Kime waza** Kizami Zuki Gyaku Zuki **Female and Older Applicants:** Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
4th Dan (Yondan)	**Examiners Choice of Kihon**	**Candidates Choice** 2 x Toku Kata **Thesis / Study Report** **Essay on any karate-related topic** (2 pages)	**Jiyu Kumite (Free Fighting)** **Female and Older Applicants:** Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite
5th Dan (Godan)	**Examiners Choice of Kihon**	**Candidates Choice** 2 x Toku Kata **Application / Bunkai Thesis / Study Report** **Essay on any karate-related topic** (2 pages)	**No Kumite** **Teaching Ability**
6th Dan (Rokudan)	**Examiners Choice of Kihon**	**Candidates Choice** 2 x Toku Kata **Application / Bunkai Thesis / Study Report** **Essay on any karate-related topic** (2 pages)	**No Kumite** **Teaching Ability**

Gohon Kumite – Five-Step Sparring			
No	**Attack**	**Response**	**Counter**
1	Jodan Oi-zuki x 5	Age Uke	Gyaku Zuki
2	Chudan Oi-zuki x 5	Soto Ude Uke	Gyaku Zuki

Sanbon Kumite – Three-Step Sparring			
No	**Attack**	**Response**	**Counter**
1	Jodan - Chudan - Mae Geri	Age Uke - Soto Ude Uke - Gedan Barai	Gyaku Zuki
2	Jodan - Chudan - Mae Geri	Age Uke - Uchi Ude Uke - Gyaku Gedan Barai	Kizami Zuki - Gyaku Zuki
3	Jodan - Chudan - Mae Geri	Jodan Moroto Uke - Chudan Morote Uke - Sukui Uke (All in back stance - Ko Kutsu Dachi)	Gyaku Zuki (Zen Kutsu Dachi)

Kihon Ippon Kumite – Basic One-Step Sparring			
Attack	**No**	**Response**	**Counter**
Jodan	**1**	Age Uke	Gyaku Zuki
	2	Tate Shuto Uke (Back Stance)	Shuto Uchi (Front Stance)
	3	Nagashi Uke (Diagonal, Feet Together)	Yoko Geri - Yoko Empi
	4	Juji Uke	Mawashi Geri - Ushiro Geri
	5	Age Uke	Foot Half Back - Mae Geri - Age Empi
Chudan	**1**	Soto Ude Uke	Gyaku Zuki
	2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
	3	Uchi Ude Uke	Kizami Zuki - Gyaku Zuki
	4	Shuto Uke (Back Stance)	Kizami Geri - Nukite
	5	Empi Uke (Kiba Dachi)	Jodan Ushiro Empi

Kihon Ippon Kumite – Basic One-Step Sparring			
Attack	**No**	**Response**	**Counter**
Mae Geri	**1**	Gedan Barai	Gyaku Zuki
	2	Gyaku Gedan Barai	Kizami Zuki - Gyaku Zuki
	3	Gedan Juji Uke	Jodan Shuto Juji Uchi
	4	Gedan Barai (Neko Ashi Dachi - Diagonal)	Tate Shuto Uchi - Mawashi Empi (Front Stance)
	5	Sukui Uke (Back Stance)	Gyaku Zuki (Front Stance)
Mawashi Geri	**1**	Jodan Uchi Uke (Tai Sabaki)	Gyaku Zuki
	2	Ryote Tate Shuto Uke (Kiba Dachi)	Yoko Empi
	3	Jodan Soto Uke (Back Stance - Tai Sabaki)	Gyaku Zuki (Front Stance)
Yoko Geri Kekomi	**1**	Soto Ude Uke	Gyaku Zuki
	2	Gedan Haiwan Uke (Forearm)	Jodan Haito Uchi
	3	Tai Sabaki - Gyaku Gedan Barai	Yoko Geri Kekomi - Yoko Empi (Kiba Dachi)

Jiyu Ippon Kumite – Semi Free One Step Sparring			
Attack	**No**	**Response**	**Counter**
Jodan	**1**	Tenshin, Tai Sabaki, Tate Shuto Uke (Inside, Diagonal)	Gyaku Zuki
	2	Te Nagashi Uke	Ura Zuki (Same Time As Block)
	3	Age Uke (Outside, Diagonal)	Kizami Mawashi Geri - Gyaku Zuki
	4	Hirate Barai	Teisho Uchi
	5	Tobi Osae Uke (Jump Press Block)	Tobi Geri - Uraken Uchi
Chudan	**1**	Tenshin, Soto Ude Uke (45 degrees)	Migi Gyaku Zuki
	2	Step Back - Gyaku Seiryuto Gedan Uke	Jodan Uraken Uchi
	3	Tai Sabaki	Hidari Gyaku Zuki
	4	Mae Geri de-ai - Gedan Barai	Kizami Zuki
	5	Gyaku Gedan Barai	Jodan Ushiro Mawashi Geri - Osoto Gari - Gedan Zuki

Jiyu Ippon Kumite – Semi Free One Step Sparring			
Attack	**No**	**Response**	**Counter**
Mae Geri	**1**	Tenshin, Left Gedan Barai (45 degrees inside)	Right Gyaku Zuki
	2	Step diagonal back with left foot, right Gedan Barai (45 degrees outside)	Hikite, Right Kizami Zuki
	3	Gedan Juji Uke	Tenshin, Left Jodan Shuto Uchi
	4	Step forward diagonally to the left, and block right Gedan Barai in passing	Turn, Gyaku Zuki to opponents back
	5	Step forward diagonally to the right, and block left sukui uke	Body bar with right forearm, lift and scoop opponent
Mawashi Geri	**1**	Tenshin, Uchi Ude Uke (45 degrees)	Migi Gyaku Zuki
	2	Step forward - left Gyaku Zuki de-ai	Tenshin, Jodan Shuto Uchi
	3	Twist, Morote Tate Shuto Uke	Mawashi Geri
Yoko Geri	**1**	Tenshin, Soto Ude Uke (45 degrees)	Right Gyaku Zuki
	2	Left Haiwan Uke (inside forearm)	Spin, Ushiro Mawashi Empi
	3	Step back, Haiwan Juji Uke (hands open)	Kizami Tate Zuki

Jiyu Ippon Kumite – Semi Free One Step Sparring			
Attack	**No**	**Response**	**Counter**
Ushiro Geri	**1**	Step back, left hand downward sweep	Kizami Mawashi Zuki
	2	Step back, right Haiwan Uke	Spin into left Ushiro Geri
	3	Slide left foot forward, right Sukui Uke	Left hand on shoulder, tilt and Ashi Barai
Kizami Zuki	**1**	Dodge left, right Uraken	Twist into left Gyaku Zuki
	2	Te Nagashi Uke + Ko Uchi Gari (foot sweep) same time	Chudan Ura Zuki - push away
	3	Nagashi Uke + Jodan Ura Zuki (fudo dachi)	Push away
Gyaku Zuki	**1**	Tenshin, Kizami Zuki (45 degrees)	Right Gyaku Zuki
	2	Dodge left, right Gyaku Gedan Barai + Mawashi Geri (same time)	Jodan Shuto Uchi, step through and turn
	3	Gedan Barai	Uraken (same hand)