

# **Grading Syllabus**

(revised 2016)

## **Novice to 10<sup>th</sup> Kyu (Blue belt)**

*All to be performed stationary in Shizentai*

### **Kihon**

Chudan oi-zuki

Age uke

Soto uke

Gedan barai

Mae geri chudan

### **Kata**

No Kata is required at this level

### **Kumite**

No Kumite is required at this level

## **10<sup>th</sup> Kyu to 9<sup>th</sup> Kyu (Orange Belt)**

*All to be performed moving forwards in Zenkutsu dachi*

### **Kihon**

Jodan oi-zuki  
Chudan oi-zuki

Age uke  
Soto uke  
Uchi uke  
Gedan barai

Mae geri chudan and jodan

### **Kata**

Taikyoku shodan (Kihon kata)

### **Kumite**

Gohon kumite (5-step attack) – Jodan and chudan only (age uke, soto uke) – once.

**Examiners look predominantly for correct basic form**

## **9<sup>th</sup> Kyu to 8<sup>th</sup> Kyu (Red Belt)**

*All to be performed moving forwards and backwards*

### **Kihon**

Jodan oi-zuki  
Chudan oi-zuki

Age uke  
Soto uke  
Uchi uke  
Gedan barai  
Shuto uke (kokutsu dachi)

Mae geri jodan  
Mae geri chudan

### **Kata**

Heian shodan (own time)

### **Kumite**

Gohon Kumite (5-step attack) – Jodan, chudan, mae geri (age uke, soto uke, Gedan barai)

**Examiners look predominantly for correct basic form and the use of the hip rotation and timing.**

## **8<sup>th</sup> Kyu to 7<sup>th</sup> Kyu (Yellow Belt)**

*All to be performed moving forwards and backwards*

### **Kihon**

Jodan oi-zuki  
Chudan oi-zuki

Age uke  
Soto uke  
Uchi uke  
Gedan barai  
Shuto uke (kokutsu dachi)

Mae geri chudan  
Yoko geri keage (kiba dachi)

### **Kata**

Heian Shodan (full speed and power)  
Heian Nidan (full speed and power)

### **Kumite**

Gohon Kumite (5-step attack) – Jodan, chudan, chudan, mae geri (age uke, soto uke, uchi uke, gedan barai)

**Examiners look predominantly for correct basic form.**

## **7<sup>th</sup> Kyu to 6<sup>th</sup> Kyu (Green Belt)**

*All to be performed moving forwards and backwards*

### **Kihon**

Jodan oi-zuki  
Chudan oi-zuki

Age uke, gyaku zuki  
Soto uke, gyaku zuki  
Uchi uke, gyaku zuki  
Gedan barai, gyaku zuki  
Shuto uke (kokutsu dachi)

Mae ren geri (jodan and chudan)  
Yoko geri keage (kiba dachi)  
Yoko geri kekomi (kiba dachi)

### **Kata**

Heian Nidan (full speed and power)  
Heian Sandan (full speed and power)

### **Kumite**

Kihon Ippon Kumite (1-step attack) – Jodan, chudan, (age uke, soto uke) – left and right sides

**Examiners look for correct pivoting of the hips during renzoku waza and clear grasp of the hand techniques**

## **6<sup>th</sup> Kyu to 5<sup>th</sup> Kyu (Purple Belt)**

*All to be performed moving forwards and backwards*

### **Kihon**

Sanbon zuki

Gyaku zuki

Age uke, gyaku zuki

Soto uke, gyaku zuki

Uchi uke, gyaku zuki

Gedan barai, gyaku zuki

Shuto uke (kokutsu dachi)

Mae geri, gyaku zuki

Yoko geri keage (kiba dachi)

Yoko geri kekomi (kiba dachi)

Mawashi geri

### **Kata**

Heian Sandan (full speed and power)

Heian Yondan (full speed and power)

### **Kumite**

Kihon Ippon Kumite (1-step attack) – Jodan, chudan, mae geri (age uke, soto uke, gedan barai) – left and right sides

**Examiners look for correct pivoting of the hips during renzoku waza and clear grasp of the hand techniques**

## **5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu (Purple/white Belt)**

### **Kihon**

Sanbon zuki

Gyaku zuki

Age uke, gyaku zuki

Soto uke, gyaku zuki

Uchi uke, gyaku zuki

Gedan barai, gyaku zuki

Shuto uke (kokutsu dachi), shihon nukite

Mae geri, gyaku zuki

Yoko geri keage (kiba dachi)

Yoko geri kekomi (kiba dachi)

Mawashi geri

### **Kata**

Heian Yondan (full speed and power)

Heian Godan (full speed and power)

### **Kumite**

Kihon Ippon Kumite (1-step attack) – Jodan, chudan, mae geri (age uke, soto uke, gedan barai) – left and right sides

**Examiners look for appropriate degree of strength and sharpness of execution in each technique (in Kihon, Kata and Kumite)**

## **4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu (Brown Belt)**

### **Kihon**

Mae geri, sanbon zuki  
Gyaku zuki  
Uraken uchi

Age uke, uraken uchi, gyaku zuki  
Soto uke, yoko enpi uchi (kiba dachi)  
Uchi uke, kizami zuki, gyaku zuki  
Gedan barai, gyaku zuki, gedan barai  
Shuto uke (kokutsu dachi), kizami mae geri, shihon nukite

Mae geri, gyaku zuki  
Yoko geri keage (kiba dachi)  
Yoko geri kekomi (kiba dachi)  
Mawashi geri, gyaku zuki

### **Kata**

Tekki shodan (plus any previous Kata of lead examiners choice, all full speed and power)

### **Kumite**

Kihon ippon kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri kekomi attacks on left and right sides (age uke, gyaku zuki, soto uke, gyaku zuki, gedan barai gyaku zuki, soto uke, gyaku zuki).  
With tai sabaki.

**Examiners look for appropriate degree of strength and sharpness of execution in each technique (in Kihon, Kata and Kumite)**

## **3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu (Brown one white stripe Belt)**

### **Kihon**

Mae geri, sanbon zuki  
Jodan uraken uchi  
Gyaku zuki

Age uke, mae geri (land back), gyaku zuki  
Soto uke, yoko enpi uchi, uraken uchi (kiba dachi)  
Uchi uke, kizami zuki, gyaku zuki  
Gedan barai, gyaku zuki, gedan barai  
Shuto uke (kokutsu dachi), shihon nukite

Mae geri, gyaku zuki  
Yoko geri keage (kiba dachi)  
Yoko geri kekomi (kiba dachi)  
Mawashi geri, uraken uchi

### **Kata**

Sentei Kata – Bassai Dai, Kanku Dai, Enpi, Jion (students choice of any one of these plus any other syllabus Kata of lead examiners choice)

### **Kumite**

Jiyu-ippou kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri, mawashi attacks on left and right sides. Defences are students' choice. With tai sabaki.

**Examiners look for appropriate degree of strength and sharpness of execution in each technique (in Kihon, Kata and Kumite)**

## **2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu (Brown two white stripes Belt)**

### **Kihon**

Mae geri, sanbon zuki  
Jodan shuto uchi  
Gyaku zuki

Age uke, mae geri (land back), gyaku zuki, gedan barai  
Soto uke, yoko enpi uchi, uraken uchi (kiba dachi)  
Uchi uke, kizami zuki, gyaku zuki  
Gedan barai, gyaku zuki, gedan barai  
Shuto uke (kokutsu Dachi), kizami mae geri, shihon nukite

Mae geri, gyaku zuki  
Yoko geri Keage (kiba dachi)  
Yoko geri Kekomi (zenkutsu dachi)  
Mawashi geri, uraken, gyaku zuki  
Ushiro geri

### **Kata**

Sentei Kata – Bassai Dai, Kanku Dai, Enpi, Jion (students choice of any one of these plus any other syllabus Kata of lead examiners choice)

### **Kumite**

Jiyu-ippou kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri, mawashi attacks on left and right sides. Defences are students'. Can include Tai sabaki.

**Examiners look for ease and naturalness of movement and execution of techniques. They also look for speedy Kime and for smooth, instantaneous, dynamic elasticity of delivery**

## **Sho Dan (Black Belt)**

### **Kihon**

Kizami zuki, oi-zuki, gyaku zuki

Gyaku zuki

Jodan shuto uchi, yoko shuto uchi (same arm)

Age uke, mae geri, gyaku zuki

Soto uke, yoko enpi (kiba dachi), uraken uchi, gyaku zuki

Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki

Shuto uke, kizami mawashi geri, shihon nukite

Mae geri ren geri (chudan/jodan)

Yoko geri keage, kekomi (alternate feet)

Mawashi geri, uraken, gyaku zuki

Ura mawashi geri. gyaku zuki

Ushiro geri, uraken uchi, gyaku zuki

### **Kata**

Compulsory Kata of Bassai Dai plus students choice of one of the following Kata - Kanku Dai, Enpi, Jion, Hangetsu (at full speed and power)

### **Kumite**

Jiyu-ippou kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri kekomi, mawashi and ushiro geri attacks on left and right sides. Defences are students' choice. Can include Tai sabaki.

Jiyu kumite as directed by examiners

**Examiners test for basic understanding and functional ability in the foundational techniques of Karate**

## **Ni Dan (Black Belt)**

### **Kihon**

Kizami zuki, sanbon zuki (free kamae)  
Age uke, mae geri, gyaku zuki, gedan Barai  
Age uke, soto uke (same arm), gyaku zuki  
Gedan barai (backwards), oi zuki, gyaku zuki  
Soto uke, yoko enpi (kiba dachi), Kekomi, uraken uchi, gyaku zuki  
Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki  
Shuto uke, kizami mawashi geri, shihon nukite

Mae geri, oi-zuki (free kamae)  
Yoko geri keage, yoko geri kekomi (alternate feet)  
Ura mawashi geri, gyaku zuki  
Mawashi geri, uraken, oi zuki (free kamae)  
Yoko geri Kekomi, gyaku zuki (free kamae)

### **Kata**

Students choice of one advanced Shotokan Kata above Bassai Dai – can include Junro Kata plus  
examiners choice of any one previous syllabus Kata

### **Kumite**

Jiyu Kumite as directed by examiners

**Examiners test for understanding and proficiency in the foundational techniques of Karate**

## **San Dan (Black Belt)**

### **Kihon**

Any techniques at discretion of lead examiner. Also to include:

Gohon renzoku oi komi (5 tsuki one step plus yori ashi)

Age enpi (kokutsu dachi), yoko enpi (kiba dachi), mawashi enpi (zenkutsu dachi)

Age uke, soto uke (same arm), gyaku zuki

Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki

Age uke (backwards), mawashi geri, uraken uchi, oi-zuki

Mae geri oi zuki, mawashi geri uraken, ushiro geri gyaku zuki.

Mae geri, yoko geri kekomi, mawashi geri, gyaku zuki

Mae geri, yoko geri kekomi, ushiro geri (stationary)

### **Kata**

Students choice of one advanced Shotokan Kata above Bassai Dai – Bunkai demonstrations will be asked – can include Junro Kata plus examiners choice of any one previous syllabus Kata

### **Kumite**

Jiyu Kumite as directed by examiners

**Examiners test for understanding and proficiency in the standard techniques of Karate**

## **Yon Dan (Black Belt)**

### **Kihon**

Examinee must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked in reference to a basic technique. This will normally be done at a dedicated training session before the physical examination.

### **Kata**

Students choice of any two advanced Shotokan Kata (above Bassai Dai) Bunkai demonstrations will be asked. Plus examiners choice of any two previous syllabus Kata including Junro Kata. Bunkai demonstrations will be asked.

### **Kumite**

Demonstrate 3 favourite Kumite combinations and explain them. Slow speed then full speed and power.

Demonstrate 3 self-defence techniques and explain them. Slow speed, then full speed.

Jiyu Kumite as directed by examiners.

**Examiners test for understanding and mastery of all Karate techniques; for an understanding of the philosophy of Karate; for an ability to apply these fundamentals and functional aspects in practice and for an ability to instruct**

## **Go Dan (Black Belt)**

1500-2000 word thesis on any aspect of karate.

Student's choice of any two Kata from the Dan grade syllabus - demonstration of Bunkai of selected Kata moves will be asked by the examiners.

Examiners choice of any three Kata from the Dan grade syllabus - demonstration of Bunkai of selected Kata moves will be asked by the examiners.

Demonstrate 3 favourite Kumite combinations and explain them to the panel – slow and fast speeds.

Demonstrate 3 self-defence techniques and explain them. Slow speed, then full speed.

Jiyu Kumite as directed by examiners.

**Examiners test for high level mastery of Karate techniques and the ability to apply these in one's own unique way**

## **Roku Dan and above (Black Belt)**

Students choice of any two Kata from the Dan grade syllabus -Demonstration of applications of Kata moves will be asked by the examiners.

Examiners choice of any additional two Kata from the Dan grade syllabus - Demonstration of applications of Kata moves will be asked by the examiners.

Demonstration of Kata developed by the examinee, based on the core principles of Shotokan Karate.

Question and Answer session; Research Dissertation (about Karate techniques).

**Must demonstrate high level mastery of both the physical and mental aspects of Karate training**

**For 7<sup>th</sup> Dan, this must be a matured mastery.**

**For 8<sup>th</sup> Dan and above, this must be total mastery of the secrets of Karate and show an extraordinary level of spiritual development. These awards are also only on recommendation of the Riji Kai (Executive Board)**