



# **Karate**

## **Grading Syllabus**

Version 3 : 1<sup>st</sup> November 2010

# Notes to the syllabus

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When using any DVD or training aid please remember that they are purely training guides, you should learn from them and take what you need, but remember that during a grading you need to do as the examiner has requested in order to pass.

When looking at any syllabus you should always reference the Kyu grade rather than the colour of the belt, belt colours can differ between clubs and associations whereas Kyu grades are always constant.

Please refer to the page for the grade that you wish to attain, i.e. if you are currently a yellow belt then you need to look at the green belt page as this is the next grading you will do.

English translations have been added to the end of each move to save any confusion.

Where a move has a different stance in brackets for a particular technique, that stance only applies to that one, any further techniques will be in the original stance of the move (unless otherwise noted in brackets).

Ren-Geri or double kick is two separate kicks from the same leg and should be demonstrated as two techniques performed in quick succession.

When going into front stance "Jiyu Gamae" (freestyle) you should always perform Gedan Barai first. When going into Kiba-Dachi "Jiyu Gamae" (freestyle) you should always perform double Gedan Barai.

Ensure you look out for the moves with **Backwards** or **Stationary** on the end.

Formal gradings will be held for those attending 3<sup>rd</sup> Kyu and above, grades from 9<sup>th</sup> Kyu to 4<sup>th</sup> Kyu will be awarded on merit during regular training classes once the appropriate standard and grading requirements have been displayed.

There are 4 results that can be attained at a 3<sup>rd</sup>, 2<sup>nd</sup> or 1<sup>st</sup> Kyu grading, 3 classes of pass (A, B and C) and a fail.

- Those attaining an A have passed all requirements (Score 75% or above).
- Class B passes have displayed have on the whole met requirements, but there may be aspects that need improvement, at your next grading you will take both your new grading plus your last one. (Score 50% or above)
- Class C passes mean that you have displayed enough ability/knowledge to move on to the next level, but you do need to readdress some issues with at your previous grade. You will retake this grading before you can progress to your next grading. This does not need to be performed

at an official grading, and can be arranged for any standard session if you request it giving one week's notice. (Score 30% or above)

- Fail means that you have not met the criteria for attaining the next grade. You can reattempt it at the next official grading. Remember our qualities in character is not only shown by how we conduct ourselves when everything is going well, but even more so with how we react to criticism and setbacks. (Score less than 30%)

The Black Belt grading can only be passed with an A grade, a standard below this results in a fail.

Belts awarded from 9<sup>th</sup> to 4<sup>th</sup> Kyu will be given with a grade A or B.

On your grading you will not only be expected to perform your grading kata, but all those you have previously been graded upon. This is to ensure that katas are continually practiced and improved in line with your grade.

If you have any questions remember to either ask or send an email to [archibaldkevin@hotmail.com](mailto:archibaldkevin@hotmail.com)

Always remember, we train to improve and NOT to grade. Grades/belts are a byproduct to indicate our progression and help us to see the way forward. Once Black Belt is achieved you have shown that you understand the path and it is you who controls your progression and path of learning from this point, guidance from other Black Belts is always available to those willing to accept it.

Good luck!

# Stances Used

Centre of Gravity =   
 1 hip width = 

Bowing Stance  
Musubi-dachi



Yoi – Ready Position  
Heiko-dachi



Feet Together Stance  
Heisoku-dachi



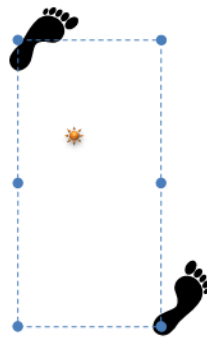
Front Stance  
Zenkutsu-dachi



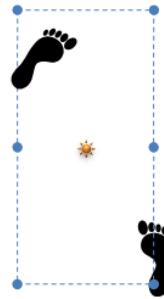
Back Stance  
Kokutsu-dachi



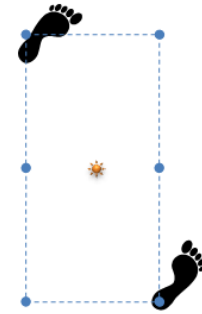
Rooted Stance  
Fudo-dachi



Half Moon stance  
Hangetsu-dachi



Strong-calm stance  
Sochin-dachi



Hour Glass stance  
Sanchin-dachi



Cat Stance  
Neco-ashi-dachi



One legged stance  
Kata-ashi-dachi



Horse-straddle Stance  
Kibadatchi



Square stance  
Shiko-dachi



# Grading Syllabus: 9th Kyu (Orange)

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Minimum of 2 Months and 10 Training sessions

## Kihon (Basics)

### *Dachi-kata (Stance Practice)*

1. Zenkutsu-dachi (front stance)
2. Kokutsu-dachi (back stance)
3. Kiba-dachi (horse straddle stance)

### *Heiko Dachi/Tate Shuto (Ready stance/Vertical Knife-hand)*

4. Jodan Choku-Zuki (punch - face)
5. Chudan Choku-Zuki (punch - middle area)
6. Mawashi-Empi (roundhouse elbow attack)
7. Age-Empi (upwards elbow attack)
8. Age-Uke (upper rising block)
9. Soto-Uke (outside forearm block)
10. Gedan-Barai (downward sweeping block)

### *Jiyu Gamae (freestyle stance)*

11. Mae-Geri Chudan (front kick - middle area) **Stationary**
12. Mawashi-Geri Gedan (roundhouse kick - lower area) **Stationary**

## Kata (Forms)

Ippon Kata

## Kumite (Sparring/Partner work)

Stationary Kumite – all from Heiko-dachi

Attacks: 10 x Jodan Choku-Zuki, 10 Chudan Choku-Zuki, 10 Gedan Choku-Zuki

Defense: 10 x Age-Uke, 10 x Soto-Uke, 10 x Gedan-Barai

# Grading Syllabus: 8<sup>th</sup> Kyu (Red)

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Minimum of 3 Months and 10 Training sessions since last grading

## Kihon

### *Dachi-kata (Stance Practice)*

1. Zenkutsu-dachi (front stance)
2. Kokutsu-dachi (back stance)
3. Kiba-dachi (horse straddle stance)
4. Neco-ashi-dachi (cat stance)

### *Heiko Dachi/Tate Shuto (Ready stance/Vertical Knife-hand)*

5. Jodan Choku-Zuki (punch - face)
6. Chudan Choku-Zuki (punch - middle area)
7. Mawashi-Empi (roundhouse elbow attack)
8. Age-Empi (upwards elbow attack)
9. Age-Uke (upper rising block)
10. Soto-Uke (outside forearm block)
11. Gedan-Barai (downward sweeping block)
12. Shuto-Uke (knife-hand block)

### *Zenkutsu Dachi/Gedan Barai – Tate Shuto (front stance/downward block then vertical knife-hand)*

13. Chudan Gyaku-Zuki (Reverse punch - middle area) **Stationary**
14. Gyaku Mawashi-Empi (Reverse - roundhouse elbow attack) **Stationary**

### *Jiyu Gamae (freestyle stance)*

15. Mae-Geri Jodan (front kick - face) **Stationary**
16. Mae-Geri Chudan (front kick - middle area) **Stationary**
17. Mawashi-Geri Gedan (roundhouse kick - lower area) **Stationary**

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

18. Yoko-Geri Keage (side snap kick)

## Kata

Ippon Kata

Nihon Kata

## Kumite

Ippon Kumite (one step sparring) – all from Zenkutsu Dachi

Attacks: 2 x Jodan Oi-Zuki, 2 x Chudan Oi-Zuki, 2 x Chudan Mae-Geri  
Defense: 2 x Age-Uke, 2 x Soto-Uke, 2 x Gedan-Barai  
Counter Attack: n/a

## **Pad work**

10 x Gyaku-Zuki (reverse punch)

10 x Gyaku Mawashi-Empi (reverse roundhouse elbow attack)

10 x Mae-Geri

# Grading Syllabus: 7<sup>th</sup> Kyu (Yellow)

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Minimum of 3 Months and 10 Training sessions since last grading

## Kihon

### *Dachi-kata (Stance Practice)*

1. Zenkutsu-dachi (front stance)
2. Kokutsu-dachi (back stance)
3. Kiba-dachi (horse straddle stance)
4. Neco-ashi-dachi (cat stance)

### *Zenkutsu Dachi/Gedan Barai (front stance/downward block)*

1. Oi-Zuki Jodan (lunge punch – face)
2. Oi-Zuki Chudan (lunge punch – body)
3. Mawashi-Empi (roundhouse elbow attack)
4. Age-Empi (upwards elbow attack)
5. Gedan-Barai
6. Age-Uke **Backwards**
7. Soto-Uke
8. Uchi-Uke (inside forearm block) **Backwards**

### *Kokutso-Dachi/Shuto Uke (back stance/knife-hand block)*

9. Shuto-Uke (knife-hand block)
10. Shuto-Uke (knife-hand block) **Backwards**

### *Jiyu Gamae (freestyle stance)*

11. Mae-Geri Jodan
12. Mae-Geri Chudan
13. Mawashi-Geri Chudan

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

14. Yoko-Geri Keage (side snap kick)
15. Yoko-Geri Kekomi (side thrust kick)

## Kata

Heian Shodan

## Kumite

Sanbon Kumite (3 step sparring) – all from Zenkutsu Dachi

Attacks: 3 x Jodan Oi-Zuki, 3 x Chudan Oi-Zuki, 3 x Chudan Mae-Geri

Defense: 3 x Age-Uke, 3 x Soto-Uke, 3 x Gedan-Barai

Counter Attack: Gyaku-Zuki (following 3<sup>rd</sup> defense)

## **Padwork**

10 x Gyaku-Zuki

10 x Gyaku Mawashi-Empi

10 x Mae-Geri

10 x Mawashi-Geri

# Grading Syllabus: 6<sup>th</sup> Kyu (Green)

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Minimum of 3 Months and 10 Training sessions since last grading

## Kihon

### *Dachi-kata (Stance Practice)*

1. Zenkutsu-dachi (front stance)
2. Kokutsu-dachi (back stance)
3. Kiba-dachi (horse straddle stance)
4. Neco-ashi-dachi (cat stance)

### *Zenkutsu Dachi/Gedan Barai (front stance/downward block)*

1. Oi-Zuki Jodan/Gyaku-Zuki
2. Oi-Zuki Chudan/Gyaku-Zuki
3. Age-Empi /Gyaku-Mawashi-Empi
4. Age-Empi /Gyaku-Zuki
5. Age-Uke/Gyaku-Zuki (upper rising block/reverse punch) **Backwards**
6. Soto-Uke/ Yoko-Empi Uchi (Kiba-Dachi) (outside forearm block/side elbow attack)
7. Uchi-Uke/Kizami-Zuki /Gyaku-Zuki (inside forearm block/front hand jab/reverse punch)  
**Backwards**

### *Kokutso-Dachi/Shuto Uke (back stance/knife-hand block)*

8. Shuto-Uke/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/spear-hand punch)
9. Shuto-Uke/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/spear-hand punch) **Backwards**

### *Jiyu Gamae (freestyle stance)*

10. Mae Ren-Geri Chudan/Jodan (double front kick) **Stationary**
11. Mae Ren-Geri Jodan /Chudan (double front kick) **Stationary**
12. Mae-Geri Jodan/Gyaku-Zuki
13. Mae-Geri Chudan/Gyaku-Zuki
14. Mawashi-Geri/Gyaku-Zuki

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

15. Yoko-Geri Keage (side snap kick)
16. Yoko-Geri Kekomi (side thrust kick)

### *Neco-ashi-Dachi/Gedan Barai (cat stance/downward block)*

17. Kizami-Mae-Geri (stationary)/Gedan Barai (front-foot snap kick/downward block)

## Kata

Heian Nidan

## **Kumite**

Sanbon Kumite (3 step sparring) – all from Zenkutsu Dachi

Attacks: 3 x Jodan Oi-Zuki, 3 x Chudan Oi-Zuki, 3 x Chudan Mae-Geri

Defense: 3 x Age-Uke, 3 x Soto-Uke, 3 x Gedan-Barai

Counter Attack: Gyaku-Zuki (following 3<sup>rd</sup> defense)

## **Padwork**

10 x Gyaku-Zuki

10 x Gyaku Mawashi-Empi

10 x Mae-Geri

10 x Mawashi-Geri

10 x Yoko-Geri Kekomi

# Grading Syllabus: 5<sup>th</sup> Kyu (Blue)

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Minimum of 6 Months and 39 Training sessions since last grading

## Kihon

### *Zenkutsu Dachi/Gedan Barai (front stance/downward block)*

1. Sanbon-Zuki (3 punches – 1 Jodan, 2 Chudan)
2. Age-Uke/Gyaku-Zuki/Gedan Barai (upper rising block/reverse punch/downwards block)  
**Backwards**
3. Soto-Uke/ Yoko-Empi Uchi (Kiba-Dachi)/ Yoko-Uraken Uchi (Kiba-Dachi) (outside forearm block/side elbow/back-fist strike)
4. Uchi-Uke/Kizami-Zuki /Gyaku-Zuki (inside forearm block/front hand jab/reverse punch)  
**Backwards**

### *Kokutso-Dachi/Shuto Uke (back stance/knife-hand block)*

5. Shuto-Uke/Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/front foot front kick/spear-hand punch)
6. Shuto-Uke//Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/front foot front kick/spear-hand punch) **Backwards**

### *Jiyu Gamae (freestyle stance)*

7. Mae Ren-Geri Chudan/Jodan (double front kick)
8. Mae Ren-Geri Jodan /Chudan (double front kick)
9. Mawashi-Geri/Gyaku-Zuki

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

10. Yoko-Geri Keage (side snap kick)
11. Yoko-Geri Kekomi (side thrust kick)

## Kata

Heian Sandan

## Kumite

Kihon Ippon Kumite – Jodan, Chudan, Mae Geri and Yoko-Geri Kekomi (Both sides)

Counter Attack – Gyaku-Zuki

## Padwork

10 x Gyaku-Zuki

10 x Gyaku Mawashi-Empi

10 x Mae-Geri

10 x Mawashi-Geri

10 x Yoko-Geri Kekomi

# Grading Syllabus: 4<sup>th</sup> Kyu (Purple)

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Minimum of 6 Months and 39 Training sessions since last grading

## Pre-Grading Requirements

- 15 minute class warm-up

## Fitness Test

- 30 press-ups
- 30 sit-ups

## Kihon

### *Zenkutsu Dachi/Gedan Barai (front stance/downward block)*

1. Sanbon-Zuki (3 punches – 1 Jodan, 2 Chudan)
2. Age-Uke/Gyaku-Zuki/Gedan Barai (upper rising block/reverse punch/downwards block)

#### **Backwards**

3. Soto-Uke/ Yoko-Empi Uchi (Kiba-Dachi)/ Yoko-Uraken Uchi (Kiba-Dachi) /Gyaku-Zuki (outside forearm block/side elbow/back-fist strike/reverse punch)
4. Uchi-Uke/Kizami-Zuki /Gyaku-Zuki (inside forearm block/front hand jab/reverse punch)

#### **Backwards**

### *Kokutso-Dachi/Shuto Uke (back stance/knife-hand block)*

5. Shuto-Uke/Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/front foot front kick/spear-hand punch)
6. Shuto-Uke//Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi) (knife-hand block/front foot front kick/spear-hand punch) **Backwards**

### *Jiyu Gamae (freestyle stance)*

7. Mae Ren-Geri Chudan/Jodan (double front kick)
8. Mae Ren-Geri Jodan /Chudan (double front kick)
9. Mawashi-Geri (roundhouse kick)
10. Ushiro-Geri (back kick)

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

11. Yoko-Geri Keage (side snap kick)
12. Yoko-Geri Kekomi (side thrust kick)

## **Kata**

Heian Yondan

## **Kumite**

Kihon Ippon Kumite – Jodan, Chudan, Mae Geri and Yoko-Geri Kekomi (Both sides)

Counter Attack – Free Choice (basic)

## **Padwork**

10 x Gyaku-Zuki

10 x Shuto-Uchi

10 x Uraken

10 x Gyaku Mawashi-Empi

10 x Mae-Geri

10 x Mawashi-Geri

10 x Yoko-Geri Kekomi

# Grading Syllabus: 3<sup>rd</sup> Kyu (Brown)

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Minimum of 6 Months and 39 Training sessions since last grading

## Pre-Grading Requirements

- 15 minute class warm-up
- 15 minute class on Choku-Zuki

## Fitness Test

- 40 press-ups
- 40 sit-ups
- 5 x Mae-Geri /Yoko-Geri-Kekomi (same leg, on the spot) each leg

## Kihon

### *Zenkutsu Dachi/Gedan Barai (front stance/downward block)*

1. Sanbon-Zuki (3 punches – 1 Jodan, 2 Chudan)
2. Age-Uke/Gyaku-Zuki/Mae-Geri/Gedan Barai **Backwards**
3. Soto-Uke/ Yoko-Empi Uchi (Kiba-Dachi)/Yoko-Geri Kekomi/ Yoko-Uraken Uchi (Kiba-Dachi) /Gyaku-Zuki/Gedan Barai
4. Uchi-Uke/Kizami-Zuki /Kizami Mae-Geri/Gyaku-Zuki /Gedan Barai **Backwards**

### *Kokutso-Dachi/Shuto Uke (back stance/knife-hand block)*

5. Shuto-Uke/Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi)
6. Shuto-Uke//Kizami Mae-Geri/Nukite Uchi (Zenkutsu-dachi) **Backwards**

### *Jiyu Gamae (freestyle stance)*

7. Mae-Geri Chudan/Oi-Zuki
8. Mae-Geri Jodan / Oi-Zuki
9. Mawashi-Geri /Gyaku-Zuki
10. Ushiro-Geri/Uraken-Uchi/Gyaku-Zuki

### *Kiba-Dachi/Jiyu Gamae (horse-straddle stance/freestyle hands)*

11. Kizami-Yoko-Geri Keage/Yoko-Geri Kekomi

## Kata

Heian Godan

Tekki Shodan

## **Kumite**

1. Kihon Ippon Kumite – Jodan, Chudan, Mae Geri, Yoko-Geri Kekomi and Mawashi-Geri (Both sides)
2. 2 x 3 minutes Free Sparring

## **Padwork**

10 x Gyaku-Zuki

10 x Shuto-Uchi

10 x Uraken

10 x Gyaku Mawashi-Empi

10 x Mae-Geri

10 x Mawashi-Geri

10 x Yoko-Geri Kekomi

10 x Ushiro-Geri

# Grading Syllabus: 2<sup>nd</sup> Kyu (Brown/white)

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Minimum of 9 Months and 58 Training sessions since last grading

## Pre-Grading Requirements

- A 1-2 hour session with your instructor. You will be fully tested in this session on; your knowledge, fitness and abilities in Kihon, Kata and Kumite (both fixed step and free sparring). You will perform both items on the syllabus and additional items that will be individually tailored for you
- 15 minute class warm-up

## Fitness Test

- 2 x 30 press-ups
- 2 x 30 sit-ups
- 5 x Mae-Geri /Yoko-Geri-Kekomi/Ushiro-Geri (same leg, on the spot) each leg

## Kihon

### *Jiyu Gamae (freestyle stance)*

1. Kizami-Zuki/Oi-Zuki/Gyaku-Zuki
2. Mae-Geri Chudan/Oi-Zuki/Gyaku-Zuki
3. Yoko-Geri Kekomi/ Uraken-Uchi/Gyaku-Zuki
4. Kizami-Mae-Geri/Mawashi-Geri
5. Mawashi-Geri Jodan/Uraken-Uchi/Gyaku-Zuki
6. Ushiro-Geri/Uraken-Uchi

## Kata

Bassai-Dai

## Kumite

1. Jiyu Ippon Kumite - Jodan, Chudan, Mae-Geri, Yoko-Geri Kekomi , Mawashi Geri and Ushiro-Geri (Both sides)
2. 2 x 3 minutes Free Sparring

## Padwork

10 x Gyaku-zuki

# Grading Syllabus: 1<sup>st</sup> Kyu (Brown/red)

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Minimum of 9 Months and 58 Training sessions since last grading

## Pre-Grading Requirements

- Pass an assessment teaching a 30 minute session on a choice of the following subjects:
  - Correct performance of Yoko-Geri Kekomi and Keage
  - Correct performance of Shuto-Uke and Nukite
  - Power generation for Gyaku-Zuki
  - Basic 3 stances (front, back and horse straddle)
  - The different types of hand positions for strikes
- A 1-2 hour assessment session with your instructor. You will be fully tested in this session on; your knowledge, fitness and abilities in Kihon, Kata and Kumite (both fixed step and free sparring). You will perform both items on the syllabus and additional items that will be individually tailored for you

## Fitness Test

- 2 x 40 press-ups
- 2 x 40 sit-ups
- 5 x Mae-Geri /Yoko-Geri-Kekomi/Ushiro-Geri/Mawashi-Geri (same leg, on the spot) each leg

## Kihon

### *Jiyu Gamae (freestyle stance)*

1. Kizami-Zuki/Oi-Zuki/Gyaku-Zuki
2. Age-Uke/Age-Enpi
3. Mae-Geri Chudan/Oi-Zuki/Gyaku-Zuki
4. Yoko-Geri Kekomi/ Uraken-Uchi/Gyaku-Zuki
5. Mawashi-Geri Jodan/Uraken-Uchi/Gyaku-Zuki
6. Ushiro-Geri/Uraken-Uchi
7. Mae-Geri/Yoko-Geri Kekomi/Mawashi-Geri/Ushiro-Geri/Uraken-Uchi/Gyaku-Zuki

## Kata

Bassai-Dai

Kanku-Dai

## **Kumite**

1. Jiyu Ippon Kumite - Jodan, Chudan, Mae-Geri, Yoko-Geri Kekomi , Mawashi Geri and Ushiro-Geri (Both sides)
2. 3x 3 minutes Free Sparring

## **Padwork**

10 x Gyaku-zuki

# Grading Syllabus: 1<sup>st</sup> Dan (Black)

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Minimum of 12 Months and 77 Training sessions since last grading

## Pre-Grading Requirements

- Pass an assessment teaching 2 x 30 minute sessions on a choice of the following subjects (excluding the one used for 1<sup>st</sup> Kyu):
  - Correct performance of Yoko-Geri Kekomi and Keage
  - Correct performance of Shuto-Uke and Nukite
  - Power generation for Gyaku-Zuki
  - Basic 3 stances (front, back and horse straddle)
  - The different types of hand positions for strikes
- A 1-2 hour session with your instructor. You will be fully tested in this session on; your knowledge, fitness and abilities in Kihon, Kata and Kumite (both fixed step and free sparring). You will perform both items on the syllabus and additional items that will be individually tailored for you

## Fitness Test

- 3 x 30 press-ups
- 3 x 30 sit-ups
- 5 x Mae-Geri /Yoko-Geri-Kekomi/Ushiro-Geri/Mawashi-Geri (same leg, on the spot) each leg
- 5 x Mae-Geri/Gyaku-Mawashi-Geri (same leg, on the spot) each leg

## Kihon

### *Jiyu Gamae (freestyle stance)*

1. Kizami-Zuki/Oi-Zuki/Gyaku-Zuki
2. Mae-Geri Chudan/Oi-Zuki/Gyaku-Zuki
3. Yoko-Geri Kekomi/ Uraken-Uchi/Gyaku-Zuki
4. Mawashi-Geri Jodan/Uraken-Uchi/Gyaku-Zuki
5. Ushiro-Geri/Uraken-Uchi
6. Mae-Geri/Yoko-Geri Kekomi/Mawashi-Geri/Ushiro-Geri/Uraken-Uchi/Gyaku-Zuki
7. Oi-Zuki

## Kata

Bassai-Dai

Kanku-Dai

Enpi

Jion

## **Kumite**

1. Jiyu Ippon Kumite - Jodan, Chudan, Mae-Geri, Yoko-Geri Kekomi , Mawashi Geri and Ushiro-Geri (Both sides)
2. 2 x 3 minutes Free Sparring

## **Padwork**

10 x Gyaku-zuki