



Kyu GRADE SYLLABUS

SHOTOKAN KARATE

September 2011

This booklet sets out your current training syllabus up to and including 1st kyu.

Throughout the training you will be introduced to a wide range of kihon techniques, kumite techniques and kata. The purpose of the training syllabus is to ensure you are given the maximum opportunity to develop skills as a martial artist. The training set out in this syllabus is the minimum you should expect to receive. This syllabus should be seen as an aid to training and to help you in your understanding of the stages of development at each level.

While Instructors are there to support and teach, you should, as you acquire more skills and knowledge, recognise your own development needs. Please talk to your Instructor if you feel that these needs are not being met.

Your progress will be assessed continuously during training. It will also be assessed formally at regular intervals. This formal assessment is done at grading examinations which are held every three to six months. Success at these examinations enable you to wear the next coloured belt in the sequence. The normal sequence is:

Novice:	White belt	5th Kyu:	Purple belt
9th Kyu:	Red belt	4th Kyu:	Blue belt
8th Kyu:	Yellow belt	3rd Kyu:	Brown belt
7th Kyu:	Orange belt	2nd Kyu:	Brown belt/white stripe
6th Kyu:	Green belt	1st Kyu:	Brown belt/black stripe

There is a minimum attendance requirement between grading. These are : For grading between novice and 4th Kyu - 21 lessons and three months; for grading between 4th Kyu and Shodan - 42 lessons and six months.

Up to and including 4th kyu, young people under the age of 14 work usually towards a progression belt rather than the full belt. The assessment for progression belt is to demonstrate satisfactory performance of all basic techniques and the knowledge and understanding section.

The progression belts are:

9th Mon:	Red belt/white stripe	6th Mon:	Green belt/white stripe
8th Mon:	Yellow belt/white stripe	5th Mon:	Purple belt/white stripe
7th Mon:	Orange belt/white stripe	4th Mon:	Blue belt/white stripe

You should only enter the grading examination when you feel ready. There are times when you may feel that you need a little longer between belts. This is fully understandable. Not everybody learns at the same pace. Please remember - if you don't feel ready, then you are not ready.

## INDEX

<b>Grade</b>	<b>Page(s)</b>
9th Kyu - Red belt:	4
8th Kyu - Yellow belt:	5
7th Kyu - Orange Belt:	6
6th Kyu - Green Belt:	7
5th Kyu - Purple Belt:	8
4th Kyu - Blue Belt:	9
3rd Kyu - Brown Belt:	10 & 11
2nd Kyu - Brown/White Stripe Belt:	12
1st Kyu - Brown/Black Stripe Belt:	13 & 14

## 9<sup>TH</sup> KYU – RED BELT

<b>Basic Techniques (Kihon)</b>	
<p>To meet the requirements of this grade you must be able to form a fist correctly, participate in the opening and closing etiquette in the dojo, be able to show the prescribed terminology and be able to demonstrate basic blocking, punching and kicking techniques in front stance.</p>	
<ol style="list-style-type: none"> <li>1. Choku-zuki:</li> <li>2. Gyaku-zuki:</li> <li>3. Oi-zuki:</li> <li>4. Age-uke:</li> <li>5. Soto-ude-uke:</li> <li>6. Uchi-ude-uke:</li> <li>7. Gedan-barai:</li> <li>8. Mae-geri-keage:</li> <li>9. Zenkutsu-dachi:</li> </ol>	<ol style="list-style-type: none"> <li>Straight punch</li> <li>Reverse punch</li> <li>Lunge punch</li> <li>Rising block</li> <li>Outside to inside forearm block</li> <li>Inside to outside forearm block</li> <li>Downward block</li> <li>Front snap kick</li> <li>Front stance</li> </ol>

<b>Knowledge and understanding</b>
<p>You must be able to count to 5 in Japanese and correctly answer <b>one</b> of the following questions:</p> <ol style="list-style-type: none"> <li>1. What does <i>Karate</i> mean?</li> <li>2. What is a <i>Dojo</i>?</li> <li>3. What is the Japanese name for your uniform?</li> <li>4. What is the Japanese name for your belt?</li> <li>5. How do you address your Instructor?</li> <li>6. What are <i>Jodan, Chudan and Gedan</i>?</li> </ol>

<b>Kata</b>	Taikyokyu Shodan
<b>Kumite</b>	<p><b>GOHON Kumite (5 step sparring) – Left and right sides</b></p> <p>To count, without partner, showing the blocks for:</p> <ol style="list-style-type: none"> <li>1. Jodan oi-zuki</li> <li>2. Chudan oi-zuki</li> </ol>

## 8<sup>TH</sup> KYU – YELLOW BELT

<b>Basic Techniques (Kihon)</b>
To meet the requirements for this grade you must show that you can move quickly between the basic techniques you have already been taught in short sequences, demonstrate the knife hand block in back stance and the terminology requirement.
Additional stances and techniques
<ol style="list-style-type: none"> <li>1. Tetsui-uchi: Hammer fist strike</li> <li>2. Shuto-uke/uchi: Knife hand block/strike</li> <li>3. Kokutsu-dachi: Back stance</li> </ol>

<b>Knowledge and understanding</b>
You must be able to count to 10 in Japanese and correctly answer <b>one</b> question from the 9 <sup>th</sup> Kyu assessment and <b>one</b> of the following questions:
<ol style="list-style-type: none"> <li>1. What does <i>kumite</i> mean?</li> <li>2. What is a <i>ki-ai</i>?</li> <li>3. What does <i>yame</i> mean?</li> <li>4. What does <i>ude</i> mean?</li> <li>5. What does <i>heian</i> mean?</li> <li>6. Why is it important to do warm up exercises before practicing Karate?</li> </ol>

<b>Kata</b>	Heian Shodan plus previous kata
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<b>Kumite</b>	<b>Gohon Kumite – With partner but right side attack only.</b>	
	<b>Attack</b>	<b>Defend</b>
	Jodan oi-zuki:	Age-uke / counter with chudan gyaku-zuki.
	Chudan oi-zuki:	Soto-ude-uke/ counter with chudan gyaku-zuki.

## 7<sup>TH</sup> KYU – ORANGE BELT.

### Basic Techniques. (Kihon)

To meet the requirements of this grade you will have to show you have the ability to follow the basic techniques you have been practicing with an appropriate attacking or kicking technique. This will involve using front stance, back stance and straddle stance. You will have to demonstrate the newly introduced side kicks.

Additional stances and techniques:

- |     |                   |                          |
|-----|-------------------|--------------------------|
| 1.  | Morote-uke:       | Augmented block          |
| 2.  | Te-osai-uke:      | Hand pressing block      |
| 3.  | Haiwan-uke:       | Back arm block           |
| 4.  | Nukite:           | Spear hand               |
| 5.  | Gyaku-nukite:     | Reverse spear hand       |
| 6.  | Ura-zuki:         | Close punch              |
| 7.  | Uraken:           | Back fist                |
| 8.  | Yoko-geri-keage:  | Side snap kick           |
| 9.  | Yoko-geri-kekomi: | Side thrust kick         |
| 10. | Kiba-dachi:       | Horse or straddle stance |
| 11. | Gyaku-hanmi:      | Reverse half body        |
| 12. | Koshi-gamae:      | Hip preparatory position |

### Knowledge and understanding

You must be able to count to 15 in Japanese and correctly answer one question from the 9<sup>th</sup> Kyu assessment, one from the 8<sup>th</sup> Kyu assessment and one of the following questions:

1. What does *bunkai* mean?
2. What is the Japanese for bow?
3. What is the Japanese for turn?
4. What is the Japanese for begin?
5. Why do you bow on entering and leaving the dojo?
6. Can you describe the closing ceremony?
7. What does *gyaku-hanmi* mean?

### Kata

Heian Nidan plus previous kata

<b>Kumite</b>	<b>Ippon Kumite (one step sparring) – with partner – right side attack only</b>	
	<b>Attack</b>	<b>Defend</b>
	Jodan oi-zuki:	Age-uke/gyaku-zuki
	Chudan oi-zuki:	Soto-ude-uke/gyaku-zuki
	Chudan mae-geri:	Gedan-barai/gyaku-zuki

## 6<sup>th</sup> KYU – GREEN BELT

### Basic Techniques (Kihon)

To meet the requirements for this grade you must start to show the dynamic hip action and smooth stepping techniques that generate power into the basic techniques you have been taught. You will have to demonstrate these techniques – punches, kicks and blocks – in the three core stances and in short sequences. The sequences will now involve kicking techniques off the front and rear leg. You must be demonstrating controlled aggression and focus in your kumite.

### Additional stances and techniques

- |     |                                 |                                   |
|-----|---------------------------------|-----------------------------------|
| 1.  | Ryoken-koshi-gamae:             | Double hip preparatory position   |
| 2.  | Gyaku-age-empi-uchi:            | Reverse rising elbow strike       |
| 3.  | Yoko /otoshi-empi-uchi:         | Side/dropping elbow strike        |
| 4.  | Uraken-uchi:                    | Back fist strike                  |
| 5.  | Tate-shuto-uke/uchi:            | Vertical knife hand block/strike  |
| 6.  | Mae-ashi mae-geri-keage/kekomi: | Front leg snapping/thrusting kick |
| 7.  | Mawashi-geri:                   | Roundhouse kick                   |
| 8.  | Fumikomi-geri:                  | Stamping kick                     |
| 9.  | Mikazuki-geri:                  | Crescent kick                     |
| 10. | Yuri-ashi:                      | Sliding movement                  |
| 11. | Kosa-uke:                       | Crossing block                    |

### Knowledge and understanding

You must be able to count to 25 in Japanese and correctly answer **three** questions from anywhere in the syllabus up to 6<sup>th</sup> Kyu but with at least **one** question from the following:

1. Who was *Gichin Funakoshi*?
2. Why was the name Shotokan taken for this style of Karate?
3. What is the Japanese for right and left?
4. What is the Japanese for edge of the foot?
5. What is *mokuso*?
6. Can you name three anatomical features of the foot in Japanese?

### Kata

Heian Sandan plus any previous kata

<b>Kumite</b>	<b>Ippon Kumite: with partner - left and right sides</b>	
	<b>Attack</b>	<b>Defend</b>
	Jodan oi-zuki:	Age-uke/gyaku-age-empi
	Chudan oi-zuki:	Soto-ude-uke/ chudan yoko-empi-uchi
	Chudan mae-geri:	Gyaku-gedan-barai/jodan zuki/chudan gyaku-zuki

## 5<sup>th</sup> KYU – PURPLE BELT

### Basic Techniques.

To meet the requirements of this grade you need to show that you are starting to understand how to generate power, speed and strength. Technically, you should be capable of kicking to various heights, delivering techniques in strong and balanced stances. The sequences you will be expected to demonstrate will be longer and will have a greater variety of stances and foot movements. Cat stance will be introduced, as will new open handed techniques.

Additional stances and techniques:

- |    |                   |                            |
|----|-------------------|----------------------------|
| 1. | Kakiwaki-uke:     | Wedge block                |
| 2. | Juji-uke:         | X-block                    |
| 3. | Kizami-zuki:      | Front snapping punch       |
| 4. | Morote-kubi-osae: | Two handed neck press/hold |
| 5. | Hiza-uchi:        | Knee strike                |
| 6. | Kakato-geri:      | Axe kick                   |
| 7. | Neko-ashi-dachi   | Cat stance                 |

### Knowledge and understanding

You must be able to count to 40 in Japanese and correctly answer **four** questions from anywhere in the syllabus up to 5<sup>th</sup> Kyu but with at least **one** question from the following:

1. Which 3 big Okinawan Karate Schools cultivated different karate styles?
2. What is the Japanese for left cat-stance?
3. What is the Japanese for the ball of the foot?
4. Can you name three anatomical features of the head or face in Japanese?

<b>Kata</b>	Heian Yondan plus any previous kata
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<b>Kumite</b>	<b>Ippon Kumite: with partner – left and right sides.</b>	
	<b>Attack</b>	<b>Defend</b>
	Jodan oi-zuki:	Jodan age-uke/yoko-geri-keage/chudan yoko-empu-uchi
	Chudan oi-zuki:	Chudan uchi-ude-uke/jodan kizami -zuki/chudan gyaku-zuki
	Chudan mae-geri:	Gedan juji-uke/jodan shuto-juji-uke
	Chudan yoko-geri-kekomi:	Chudan soto-ude-uke/chudan gyaku-zuki
	Jodan mawashi-geri:	Jodan haiwan-uke/chudan gyaku -zuki

## 4<sup>TH</sup> KYU – BLUE BELT.

### Basic Techniques.

To meet the requirement of this grade you need to show that you are able to balance correctly when kicking off the front leg, and not simply leaning back in to a kick. You will have been introduced to hand techniques with a variety of angles, directions and hand forms and your ability to slightly vary your hip movement according to the timing of these strikes, and show that you can generate power in techniques following a kick by snapping and withdrawing the kicking foot at speed. Close range techniques will also be introduced.

Additional stances and techniques:

- |    |                 |                            |
|----|-----------------|----------------------------|
| 1. | Nagashi-uke:    | Sweeping block             |
| 2. | Manji-uke:      | High-low block             |
| 3. | Kagi-zuki:      | Hook punch                 |
| 4. | Koho-tsuki-age: | Uppercut punch to the rear |
| 5. | Renoji-dachi:   | L-tance                    |

### Knowledge and understanding

You must be able to count to 55 in Japanese and correctly answer five questions from anywhere in the syllabus including at least one question from the following:

1. Can you name two other styles of karate-do?
2. What is a *Shihan*?
3. What does *Arigato* mean and *domo-arigato* mean?
4. Can you name one of the great karate masters who taught Gichin Funikoshi?
5. What is a hooking punch in Japanese?
6. What is the Japanese for a pressing block with the hand?
7. What is the Japanese for a both arms sideways punch?

### Kata

Heian Godan plus any previous kata

<b>Kumite</b>	<b>Ippon Kumite: with partner. Left and right sides</b>	
	<b>Attack</b>	<b>Defend</b>
	Jodan oi- zuki:	Jodan haishu-juji-uke/chudan mawashi-geri/ushiro mawashi-empi-uchi
	Chudan oi-zuki:	Chudan shuto-uke/chudan mae-ashi mae-geri/ chudan nukite
	Mae-geri:	Gedan-barai in neko-ashi-dachi/chudan tate-shuto-uke/ chudan mae-empi-uchi
	Chudan yoko-geri-kekomi:	Chudan kake-uke/jodan haito-uchi
	Jodan mawashi-geri:	Morote-shuto-uke/chudan morote-yoko-empi-uchi

### 3<sup>rd</sup> KYU – BROWN BELT.

#### Basic Techniques.

You are going to be tested to a grade where the syllabus will start to rapidly expand in front of you, with free sparring, pad work and kata application being introduced and a completely new form of kumite - jiyu ippon kumite. Kata, all much longer than the ones you already know, will be introduced.

Before you are ready to enter this part of your training, you need to be tested on everything. You will be asked to do the simplest technique to the most complex combinations you have seen so far and you need to be showing that your body movements are coordinated. There will only be a few techniques introduced, but the stances will change to produce more dynamic body mechanics. The kata you have to perform has a pattern which looks simplistic at first, but maintaining good posture whilst delivering short range techniques with power will provide a demanding test of your technical ability.

Seniors - your ability to analyze the kata (oyo) and apply this (bunkai) will also be tested.

You will also be asked to take the warm up as part of your teaching requirements.

Additional stances and techniques:

1. Haishu-uke: Back hand block
2. Nami-gaeshi: Returning wave kick
3. Sokumen-uke: Side block
4. Ushiro-geri: Back kick

#### Knowledge and understanding

You must be able to count to 70 in tens in Japanese and correctly answer **six** questions from anywhere in the syllabus including at least **one** question from the following:

1. What is a *kakiwake-uke*?
2. What does *karate ni sente nashi* mean and why is it so important?
3. On what date was Gichin Funakoshi born and on what date did he die?

#### Kata and bunkai

Tekki Shodan plus any previous kata plus bunkai to previous kata.

continued.....

### 3<sup>rd</sup> KYU – BROWN BELT (cont)

<b>Kumite</b>	<b>A) Ippon Kumite - pre-arranged sequence: with partner. Left and right sides</b>	
	<b>Attack.</b>	<b>Defend.</b>
	Jodan oi-zuki:	Jodan age-uke/jodan mae-geri/tate-empi-uchi
	Chudan oi-zuki:	Chudan empi-uke/jodan ushiro-mawashi-empi-uchi
	Mae-geri:	Sukui-uke (kokutsu-dachi)/chudan gyaku-zuki
	Chudan yoko-geri-kekomi:	Ushiro gedan-barai/chudan yoko-geri-kekomi/ chudan yoko-empi-uchi
	Jodan mawashi-geri:	Jodan soto-ude-uke/chudan mae-ashi mae-geri/chudan gyaku-zuki.
	<b>B) Ippon Kumite - full sequence of attacks with blocks and counters (not pre-arranged)</b>	
	<b>C) Jiyu Ippon Kumite – Set 1: attack from right side only</b>	
	Migi jodan oi-zuki:	Hidari jodan tate-shuto-uke/migi chudan gyaku-zuki/hikite-gamae
	Migi chudan oi-zuki:	Hidari chudan soto-ude-uke/migi chudan gyaku-zuki/hikite-gamae
	Migi mae-geri:	Hidari gedan-barai/migi chudan gyaku-zuki/hikite-gamae

## 2<sup>ND</sup> KYU – BROWN /WHITE STRIPE BELT.

### Basic Techniques

The major change to the training you will have been doing is the introduction of semi-free basic training. The previous kumite you have done has been conducted in very controlled circumstances. Now the attacking distance can vary depending on the opponent, and so the defence must be more adaptable in moving off the line of attack then moving in to counter, and then move out of effective range. This is a way of preparing for point-based sparring. The kata is the longest you will have learnt and should be performed with fortitude. The you will be introduced to a variety of new hand techniques and two new stances.

You will also be asked to develop your teaching skills by teaching heian shodan and heian nidan to the relevant grades.

Additional stances and techniques:

1. Soete-uke: Hand assisted block
2. Sukui-uke: Scooping block
3. Kaeshi-dori: Reverse grasp
4. Hasami-uchi: Scissors strike
5. Seiryuto-uchi: Ox jaw strike
6. Yama-zuki: Wide U punch (mountain punch)
7. Gedan-kesage: Downward thrust kick
8. Fudo-dachi: Rooted stance
9. Shiko-dachi: Square stance

### Knowledge and understanding

You must be able to count to 80 in tens in Japanese and correctly answer **seven** questions from anywhere in the syllabus including at least **one** question from the following:

1. What does *Kime* mean?
2. What is a *gasshuku*?
3. What is the Japanese for a foot sweep?
4. What are the important components of a warm up for adults?

### Kata and bunkai

Bassai Dai plus any previous kata and bunkai to previous kata

<b>Kumite</b>	<b>A) Ippon Kumite: with partner.</b>	
	Any set of the examiner's choice and full sequence of attacks with blocks and counters (not pre-arranged)	
	<b>B) Jiyu Ippon Kumite – Previous set plus set 2: attack from both sides</b>	
	Jodan oi-zuki:	Jodan nagashi-uke doji chudan ura-zuki/hikite-gamae
	Chudan oi-zuki:	Chudan seiryuto-uke/jodan uraken-uchi/hikite-gamae
	Chudan mae-geri:	Gedan-barai/hikite/jodan jun-zuki/hikite-gamae
	<b>C) Jiyu Kumite - minimum 5 minutes</b>	

## 1<sup>ST</sup> KYU – BROWN/BLACK STRIPE BELT.

### Basic Techniques

Previously your competence has been assessed on your skill and knowledge. Now your understanding of what you are doing will be tested by pushing you to perform long combinations of techniques in seamless sequence whilst conforming to the requirement to keep your stances grounded and hips rotating to deliver power to offensive or defensive actions.

The semi free basics drills will need to reflect what they are training for – fighting. You need to be showing that your defence is subtle yet strong, and the counter is quick – moving inside the effective range and then getting back outside it once the point is scored.

The kata required at this grade is different from Bassai Dai in its origin and this means it must be performed differently. Bassai is about bold power generation and strong posture. Enpi has origins in white crane forms where dynamic changes in body direction and height are used to evade attack and unbalancing an attacker with the aim of taking them to the ground.

You will also be asked to teach kihon to yellow and orange belts.

Additional techniques and stances:

1. Tachi-hiza: Kneeling position in which one knee rests on the floor alongside the foot of the other leg
2. Kami-zukami: Hair grab
3. Otoshi-zuki: Dropping or downward punch
4. Teisho-uchi/uke: Palm heel strike/block
5. Joho-kaiten-kobi: Upwards turning jump

### Knowledge and understanding

You must be able to count to 100 in tens in Japanese and correctly answer **eight** questions from anywhere in the syllabus.

You will be expected to pass an oral examination to assess your character, thinking and maturity.

### Kata and bunkai

Enpi plus any previous kata plus bunkai to all previous kata

continued.....

1<sup>ST</sup> KYU – BROWN/BLACK STRIPE BELT (cont).

<b>Kumite</b>	<b>A) Ippon Kumite: with partner</b>	
	All previous sets and full sequence of attacks with blocks and counters (not pre-arranged)	
	<b>B) Jiyu Ippon Kumite – 2 previous sets plus set 3 and 4: attack from both sides</b>	
	Set 3	
	Jodan oi-zuki:	Jodan age-uke/mae-ashi mawashi-geri/chudan gyaku-zuki / hikite-gamae.
	Chudan oi-zuki:	Chudan gyaku-zuki/hikite-gamae.
	Mae-geri:	Gedan juji-uke/jodan yoko-shuto-uchi/hikite-gamae.
	Chudan yoko-geri-kekomi:	Chudan soto-ude-uke/chudan gyaku-zuki/hikite-gamae.
	Jodan mawashi-geri:	Jodan haiwan-uke/chudan gyaku-zuki/hikite-gamae.
	Set 4	
	Jodan oi-zuki:	Hirate-barai/chudan teisho-uchi/hikite-gamae
	Chudan oi-zuki:	Deai chudan mae-geri/gedan-barai/kamae jiyu-dachi/jodan kizami-zuki/hikite-gamae
	Mae-geri:	Gedan osae uke/nagashi uke/gyaku zuki/hikite gamae
	Chudan yoko-geri-kekomi:	Awase seiryut- uke/jodan tate-zuki/hikite- gamae
	Jodan mawashi-geri:	Jodan kizami-gyaku–zuki/hikite-gamae
<b>C) Jiyu Kumite - minimum 6 minutes</b>		

[www.kaizenmartialarts.co.uk](http://www.kaizenmartialarts.co.uk)

[www.tradka.org.uk](http://www.tradka.org.uk)