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KYU GRADE SYLLABUS

SHOTOKAN KARATE



## INDEX

### 3rd Kyu:

- What does *Heian* mean: *Peaceful mind*.
- What is a *kakiwake-uke*? *Wedge block*.
- Who created *Wado-Ryu*? *Otsuka Himori (1892 –1982)*.
- What does *karate ni sente nashi* mean and why is it so important? *There is no first attack in karate and is the inscription on Gichin Funakoshi's headstone*.
- What is the difference between a Coach and an Instructor? *Simplistically a coach supports and develops individuals within a group, the Instructor controls the group. In some Associations (eg FEKO), the reverse is the case.*

### 2nd Kyu:

- What does *kime* mean?: *Focus, decision, finish*.
- What is a *gasshuku*?: *It literally means lodging together but is intended to convey a long training session with the mutual development of the art.*
- What is the Japanese for a foot sweep with the instep? *Haisoku ashi barai*.

### 1st Kyu:

- Count to 100 in tens in Japanese and correctly answer eight questions from anywhere in the syllabus.
- There will be an oral examination to assess the student's character, thinking and maturity.

Grade	Page(s)
9th Kyu - Red Belt:	4
8th Kyu - Yellow Belt:	5
7th Kyu - Orange Belt:	6 & 7
6th Kyu - Green Belt:	8 & 9
5th Kyu - Purple Belt:	10 & 11
4th Kyu - Purple/White Belt:	12 & 13
3rd Kyu - Brown Belt:	14 & 15
2nd Kyu - Brown/White Belt:	16 & 17
1st Kyu - Brown/Black Belt:	18 & 19
Questions & Answers:	20, 21 & 22

## 9<sup>TH</sup> KYU – RED BELT

Basic Techniques		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides).
3.	<b>Oi-zuki:</b>	3 times stepping forwards and backwards in zenkutsu-dachi.
4.	<b>Age-uke:</b>	3 times forwards and backwards in zenkutsu-dachi.
5.	<b>Soto-ude-uke:</b>	3 times forwards and backwards in zenkutsu-dachi.
6.	<b>Uchi-ude-uke:</b>	3 times forwards and backwards in zenkutsu-dachi.
7.	<b>Gedan-barai:</b>	3 times forwards and backwards in zenkutsu-dachi.
8.	<b>Chudan mae-geri:</b>	3 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
9.	<b>KATA</b>	Taikokyu Shodan.
10.	<b>KUMITE</b>	<p><b>GOHON KUMITE – 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>

### KNOWLEDGE AND UNDERSTANDING.

Count to 5 in Japanese and correctly answer **one** of the following questions:

- What does *Karate* mean?
- What is a *Dojo*?
- What is the Japanese name for your uniform?
- What is the Japanese name for your belt?
- How do you address your Instructor?
- What are *Jodan*, *Chudan* and *Gedan*?

### 6th Kyu:

- Who was *Gichin Funakoshi*? *The founder of modern day Shotokan Karate.*
- Why was the name Shotokan taken for this style of Karate? *Shoto was the pen name of Gichin Funakoshi. Kan means hall. The name Shotokan was chosen by Funakoshi's students and was the name of the central dojo.*
- What is the Japanese for right and left? *Migi and hidari.*
- What is the Japanese for edge of the foot? *Sokuto.*
- What does *mokuso* mean?: *Meditation.*
- Can you name three anatomical features of the foot in Japanese? : *Kakato (heel); koshi (ball of the foot); sokuto (foot edge); haisoku (instep) ashi no yubi (toes); tsumasaki (tips of the toes).*

### 5th Kyu:

- Which 3 big Okinawan Karate Schools cultivated different karate styles? *The "Naha-te, The Shuri-te and the Tomari-te.*
- What is the Japanese for left cat-stance: *Hidari neko ashi dachi.*
- What is the Japanese for semi-free one-attack sparring? *Jiyu ippon kumite.*
- If a another Kyu in the dojo is acting inappropriately (swearing, chewing or behaving in a manner which would offend others) what would you do?: *This answer depends on your grade but primarily ensure that the most senior instructor is informed.*
- Can you name three anatomical features of the head or face in Japanese? *Atama (head); kami (hair); kasumi (temple); hitai (forehead); me (eye); mimi (ear); hana (nose), ago (chin).*

### 4th Kyu:

- Can you name two other styles of karate-do? *Shotokan; Wado-ryu; Shito-ryu; Goju-ryu, Shukokai (there are many others).*
- What is a *Shihan*? *Master.*
- What does *Arigato* mean? *Thanks (impolite version – really should be domo arigato).*
- Name one of the great karate masters who taught Gichin Funakoshi? *Asato and Itosu.*
- What is a hooking punch in Japanese? *Kage zuki.*
- What is the Japanese for a pressing block with the hand? *Te osae uke.*
- What is the Japanese for a both arms sideways punch? *Sokumen morote zuki.*

**QUESTIONS AND ANSWERS.**

**9th Kyu:**

- What does *Karate* mean? -Empty hand (*Karate-do* means the way of the empty hand).
- What is a *Dojo*? – Training hall.
- What is the Japanese name for your uniform? - *Gi*.
- What is the Japanese name for your belt? - *Obi*.
- How do you address your Instructor? - *Sensei*.
- What are *Jodan*, *Chudan* and *Gedan*? – Upper level, middle level, lower level.

**8th Kyu:**

- What does *kumite* mean? *Sparring*.
- What is a *ki-ai*? *Shout*.
- What does *yame* mean? *Stop*.
- Why is it important to do warm up exercises before practicing Karate? *To prevent injury to cold muscles, ligaments and joints*.
- Why is it important not to wear jewellery and to keep finger and toenails short? *To prevent injury to yourself and others*.
- What does *ude* mean? *Forearm*.

**7th Kyu:**

- What does *bunkai* mean? *Application of kata*.
- What is the Japanese for bow? *Rei*.
- What is the Japanese for turn? *Mawatte*.
- What is the Japanese for begin? *Hajime*.
- Why do you bow on entering and leaving the dojo? *To show respect to the dojo*.
- Can you describe the closing ceremony? *Sesnei ni rei, otagai ni rei, shoman ni rei*.
- What does *gyaku-hanmi* mean? *Reverse half body*.

**8TH KYU – YELLOW BELT**

Basic Techniques		
1.	<b>Choku-zuki:</b>	<b>Choku-zuki:</b> 10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	<b>Gyaku-zuki:</b> 5 times in zenkutsu-dachi (left and right sides).
3.	<b>Oi-zuki:</b>	<b>Oi-zuki:</b> 3 times stepping forwards and backwards in zenkutsu-dachi.
4.	<b>Age-uke:</b>	<b>Age-uke:</b> 3 times forwards and backwards in zenkutsu-dachi.
5.	<b>Soto-ude-uke:</b>	<b>Soto-ude-uke:</b> 3 times forwards and backwards in zenkutsu-dachi.
6.	<b>Uchi-ude-uke:</b>	<b>Uchi-ude-uke:</b> 3 times forwards and backwards in zenkutsu-dachi.
7.	<b>Gedan-barai:</b>	<b>Gedan-barai:</b> 3 times forwards and backwards in zenkutsu-dachi.
8.	<b>Shuto-uke:</b>	<b>Shuto-uke:</b> 3 time forwards and backwards in kokutsu-dachi.
9.	<b>Chudan mae-geri:</b>	<b>Chudan mae-geri:</b> 3 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.

<b>KATA</b>	Heian Shodan plus previous kata plus bunkai to 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.

**KNOWLEDGE AND UNDERSTANDING.**

Count to 10 in Japanese and correctly answer **one** question from the 9<sup>th</sup> Kyu assessment and **one** of the following questions:

<ul style="list-style-type: none"> <li>• What does <i>kumite</i> mean?</li> <li>• What is a <i>ki-ai</i>?</li> <li>• What does <i>yame</i> mean?</li> <li>• What does <i>ude</i> mean?</li> </ul>	<ul style="list-style-type: none"> <li>• Why is it important to do warm up exercises before practicing Karate?</li> <li>• Why is it important not to wear jewellery and to keep finger and toenails short?</li> </ul>
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7<sup>TH</sup> KYU – ORANGE BELT.

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides).
3.	<b>Sanbon-zuki:</b>	3 times stepping forwards in zenkutsu-dachi, turn, repeat
4.	<b>Age-uke/chudan gyaku-zuki:</b>	3 times forwards and backwards in zenkutsu-dachi.
5.	<b>Soto-ude-uke/ chudan gyaku-zuki:</b>	3 times forwards and backwards in zenkutsu-dachi.
6.	<b>Uchi-ude-uke/chudan gyaku-zuki:</b>	3 times forwards and backwards in zenkutsu-dachi.
7.	<b>Gedan-barai/chudan gyaku-zuki:</b>	3 times forwards and backwards in zenkutsu-dachi.
8.	<b>Shuto-uke in kokutsu-dachi/ chudan gyaku-nukite in zenkutsu-dachi:</b>	3 times forwards and backwards.
9.	<b>Chudan mae-geri:</b>	3 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
10.	<b>Jodan yoko-geri-keage:</b>	3 times stepping forward in kiba-dachi, turn, repeat.
11.	<b>Chudan yoko-geri-kekomi:</b>	3 times stepping forward in kiba-dachi, turn, repeat.

<b>KATA AND BUNKAI.</b>	Heian Nidan plus previous kata plus bunkai to all previous kata
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KUMITE.		
<b>IPPON KUMITE – 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.

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

13.	<p>a. <b>Chudan mae-geri to the front/chudan yoko-geri-kekomi to the side with the same leg:</b></p> <p>b. <b>Chudan mae-geri to the front/chudan mawashi-geri to the front with the same leg:</b></p> <p>c. <b>Chudan mae-geri to the front/chudan yoko-geri-kekomi to the side/ chudan ushiro-geri to the rear with the same leg:</b></p>	Face the front in zenkutsu-dachi. 3 times each leg.
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<b>KATA AND BUNKAI.</b>	Enpi plus any previous kata plus bunkai to all previous kata
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KUMITE.		
<b>IPPON KUMITE: with partner. Right side attack only.</b>		
All previous sets.		
<b>JIYU IPPON KUMITE – Set 3: attack from both sides.</b>		
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.	

KNOWLEDGE AND UNDERSTANDING.	
Count to 100 in tens in Japanese and correctly answer <b>eight</b> questions from anywhere in the syllabus.	
Oral examination to assess the student's character, thinking and maturity.	

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

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides)
3.	<b>Chudan mae-geri/sanbon-zuki:</b>	5 times in zenkutsu dachi, turn into gedan-barai, repeat.
4.	<b>Age-uke/chudan mae-geri/chudan gyaku-zuki/gedan-barai</b>	5 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
5.	<b>Soto-ude-uke in zenkutsu-dachi/ chudan yoko-empi-uchi/ jodan uraken in kiba-dachi/ chudan gyaku-zuki/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
6.	<b>Uchi-ude-uke in kokutsu-dachi/jodan kizama-zuki in zenkutsu-dachi/ chudan gyaku-zuki in zenkutsu-dachi/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
7.	<b>Shuto-uke (in kokutsu-dachi)/mae-ashi mawashi-geri (in kokutsu -dachi)/gyaku-nukite (in zenkutsu-dachi):</b>	5 times forward and backwards.
8.	<b>Chudan mae-geri/jodan mawashi-geri/ jodan uraken-uchi/chudan gyaku-zuki/ gedan-barai.</b>	3 times stepping forward in zenkutsu-dachi: turn into gedan-barai, repeat.
9.	<b>Chudan mae-geri/chudan yoko-geri-kekomi/jodan shuto-uchi/chudan gyaku-zuki/gedan-barai:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, repeat.
10.	<b>Yoko-geri-keage (in kiba-dachi) /chudan gyaku-zuki (in zenkutsu dachi)/ gedan-barai (in kiba-dachi):</b>	3 times forward, turn, repeat.
11.	<b>Chudan ushiro-geri/chudan gyaku-zuki:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan-barai, repeat.
12.	<b>Mae-ashi chudan yoko-geri-kekomi/ chudan mae-geri:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan-barai, repeat.

7<sup>TH</sup> KYU – ORANGE BELT (cont)

KNOWLEDGE AND UNDERSTANDING.
<p>Count to 15 in Japanese and correctly answer <u>one</u> question from the 9<sup>th</sup> Kyu assessment, <u>one</u> from the 8<sup>th</sup> Kyu assessment and <u>one</u> of the following questions:</p> <ul style="list-style-type: none"> <li>• ·What does <i>bunkai</i> mean?</li> <li>• ·What is the Japanese for bow?</li> <li>• ·What is the Japanese for turn?</li> <li>• ·What is the Japanese for begin?</li> <li>• ·Why do you bow on entering and leaving the dojo?</li> <li>• ·Can you describe the closing ceremony?</li> <li>• ·What does <i>gyaku-hanmi</i> mean?</li> </ul>

6<sup>th</sup> KYU – GREEN BELT.

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides).
3.	<b>Sanbon-zuki:</b>	3 times stepping forwards in zenkutsu-dachi, turn, repeat.
4.	<b>Age-uke/chudan gyaku-zuki/gedan-barai:</b>	3 times forwards and backwards in zenkutsu-dachi.
5.	<b>Soto-ude-uke/chudan gyaku-zuki/gedan-barai:</b>	3 times forwards and backwards in zenkutsu-dachi.
6.	<b>Uchi-ude-uke/chudan gyaku-zuki/gedan-barai:</b>	3 times forwards and backwards in zenkutsu dachi.
7.	<b>Shuto-uke in kokutsu-dachi/chudan mae-ashi mae-geri in kokutsu-dachi/chudan gyaku-nukite in zenkutsu-dachi:</b>	3 times forward and backwards.
8.	<b>Chudan mae-geri:</b>	3 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
9.	<b>Ren-mae-geri chudan/jodan:</b>	3 times in zenkutsu-dachi, turn, <b>jodan/chudan</b> on way back.
10.	<b>Jodan mawashi-geri:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan-barai, <b>repeat.</b>
11.	<b>Yoko-geri-keage:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, <b>repeat.</b>
12.	<b>Yoko-geri-kekomi:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, <b>repeat.</b>

<b>KATA AND BUNKAI.</b>	Heian Sandan plus any previous kata plus bunkai to all previous kata.
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KUMITE.		
<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.

2<sup>ND</sup> KYU – BROWN/WHITE BELT (cont).

<b>KUMITE.</b>	<b>A) IPPON KUMITE: with partner.</b>	
	Any set of the examiner's choice.	
	<b>B) JIYU IPPON KUMITE – 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.	

KNOWLEDGE AND UNDERSTANDING.	
Count to 80 in tens in Japanese and correctly answer <b>seven</b> questions from anywhere in the syllabus including at least <b>one</b> question from the following:	
<ul style="list-style-type: none"> <li>• What does <i>Kime</i> mean?</li> <li>• What is a <i>gasshuku</i>?</li> <li>• What is the Japanese for a foot sweep with the instep?</li> </ul>	

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

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides)
3.	<b>Chudan mae-geri/sanbon-zuki:</b>	5 times in zenkutsu dachi, turn into gedan-barai, repeat.
4.	<b>Age-uke/chudan mae-geri/chudan gyaku-zuki/gedan-barai</b>	5 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
5.	<b>Soto-ude-uke in zenkutsu-dachi/ chudan yoko-empi-uchi/ jodan uraken in kiba-dachi/ chudan gyaku-zuki/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
6.	<b>Uchi-ude-uke in kokutsu-dachi/jodan kizama-zuki in zenkutsu-dachi/ chudan gyaku-zuki in zenkutsu-dachi/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
7.	<b>Shuto-uke in kokutsu-dachi/ chudan mae-ashi mae-geri in kokutsu-dachi/ chudan gyaku-nukite in zenkutsu-dachi:</b>	3 times forward and backwards.
8.	<b>Chudan mae-geri/jodan mawashi-geri/jodan uraken-uchi/chudan gyaku-zuki/gedan-barai.</b>	3 times stepping forward in zenkutsu-dachi: turn into gedan-barai, repeat.
9.	<b>Chudan mae-geri/chudan yoko-geri-kekomi/jodan shuto-uchi/chudan gyaku-zuki/gedan-barai:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, repeat.
10.	<b>Yoko-geri-keage (in kiba-dachi) / chudan gyaku-zuki (in zenkutsu dachi)/ gedan-barai (in kiba-dachi):</b>	3 times forward, turn, repeat.
11.	<b>Chudan ushiro-geri:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan-barai, repeat.
12.	<b>Chudan mae-geri to the front/ chudan yoko-geri-kekomi to the side with the same leg:</b>	Face the front in zenkutsu-dachi. 3 times each leg.

<b>KATA AND BUNKAI.</b>	Bassai Dai plus any previous kata plus bunkai to all previous kata
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6<sup>TH</sup> KYU – GREEN BELT (cont).

KNOWLEDGE AND UNDERSTANDING.
Count to 25 in Japanese and correctly answer <b>three</b> questions from anywhere in the syllabus up to 6 <sup>th</sup> Kyu but with at least <b>one</b> question from the following: <ul style="list-style-type: none"> <li>• ·Who was <i>Gichin Funakoshi</i>?</li> <li>• ·Why was the name Shotokan taken for this style of Karate?</li> <li>• ·What is the Japanese for right and left?</li> <li>• ·What is the Japanese for edge of the foot?</li> <li>• ·What does <i>mokuso</i> mean?</li> <li>• ·Can you name three anatomical features of the foot in Japanese?</li> </ul>

5<sup>th</sup> KYU – PURPLE BELT.

Basic Techniques.		
1.	Choku-zuki:	10 times in heiko-dachi
2.	Gyaku-zuki:	5 times in zenkutsu-dachi (left and right sides)
3.	Sanbon-zuki:	3 times stepping forwards in zenkutsu-dachi, turn, repeat
4.	Age-uke/chudan mae-geri/ chudan gyaku-zuki:	3 times stepping forwards in zenkutsu-dachi, turn, repeat
5.	Soto-ude-uke/ chudan gyaku-zuki/ gedan-barai:	3 times forwards and backwards in zenkutsu-dachi
6.	Uchi-ude-uke/jodan kizami-zuki/ chudan gyaku-zuki:	3 times forwards and backwards in zenkutsu-dachi
7.	Shuto-uke in kokutsu-dachi/ chudan mae-ashi mae-geri in kokutsu-dachi/chudan gyaku-nukite in zenkutsu-dachi	3 times forward and backwards
8.	Ren-mae-geri chudan/jodan:	3 times in zenkutsu-dachi, turn, <b>jodan/chudan</b> on way back
9.	Chudan mae-geri/chudan oi-zuki:	3 times forward in zenkutsu-dachi, turn into gedan-barai, <b>chudan mae-geri/chudan gyaku-zuki</b> on way back
10.	Ren-geri: chudan mae-geri/ jodan mawashi-geri:	3 times forward in zenkutsu-dachi, turn into gedan-barai, <b>mawashi-geri/mae-geri</b> on way back
11.	Ren-geri: chudan mae-geri/ chudan yoko-geri-kekomi:	3 times forward in zenkutsu-dachi, turn into gedan-barai, <b>yoko-geri-kekomi/mae-geri</b> on way back

<b>KATA AND BUNKAI.</b>	Heian Yondan plus any previous kata plus bunkai to all previous kata.
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3<sup>rd</sup> KYU – BROWN BELT (cont)

A) IPPON KUMITE: with partner. Left and right sides.		
Attack.		Defend.
Jodan oi-zuki:		Jodan age-uke/jodan mae-geri/tate empi-uchi.
Chudan oi-zuki:		Chudan empi-uke/jodan ushiro mawashi-emp-uchi.
Mae-geri:		Sukui-uke (kokutsu-dachi)/chudan gyaku-zuki.
Chudan yoko-geri-kekomi:		Ushiro gedan-barai/chudan yoko-geri-kekomi/ chudan yoko-emp-uchi.
Jodan mawashi-geri:		Jodan soto-ude-uke/chudan mae-ashi mae-geri/chudan gyaku-zuki.
B) JIYU IPPON KUMITE – Set 1: attack from right side only.		
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.

KNOWLEDGE AND UNDERSTANDING.	
Count to 70 in tens in Japanese and correctly answer <b>six</b> questions from anywhere in the syllabus including at least <b>one</b> question from the following:	
<ul style="list-style-type: none"> <li>• What does <i>Heian</i> mean</li> <li>• What is a <i>kakiwake-uke</i>?</li> <li>• Who created <i>Wado-Ryu</i>?</li> </ul>	<ul style="list-style-type: none"> <li>• What does <i>karate ni sente nashi</i> mean and why is it so important?</li> <li>• What is the difference between a Coach and an Instructor?</li> </ul>

3<sup>rd</sup> KYU – BROWN BELT.

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides)
3.	<b>Chudan mae-geri/sanbon-zuki:</b>	5 times in zenkutsu dachi, turn into gedan-barai, repeat.
4.	<b>Age-uke/chudan mae-geri/chudan gyaku-zuki/gedan-barai</b>	5 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
5.	<b>Soto-ude-uke in zenkutsu-dachi/ chudan yoko-empi-uchi/ jodan uraken in kiba-dachi/ chudan gyaku-zuki/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
6.	<b>Uchi-ude-uke in kokutsu-dachi/jodan kizama-zuki in zenkutsu-dachi/ chudan gyaku-zuki in zenkutsu-dachi/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
7.	<b>Shuto-uke in kokutsu-dachi/ chudan mae-ashi mae-geri in kokutsu-dachi/ chudan gyaku-nukite in zenkutsu-dachi:</b>	3 times forward and backwards.
8.	<b>Chudan mae-geri/jodan mawashi-geri/jodan uraken-uchi/chudan gyaku-zuki/gedan-barai.</b>	3 times stepping forward in zenkutsu-dachi: turn into gedan-barai, repeat.
9.	<b>Chudan mae-geri/chudan yoko-geri-kekomi/jodan shuto-uchi/chudan gyaku-zuki/gedan-barai:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, repeat.
10.	<b>Yoko-geri-keage (in kiba-dachi) / chudan gyaku-zuki (in zenkutsu dachi)/ gedan-barai (in kiba-dachi):</b>	3 times forward, turn, repeat.
11.	<b>Chudan ushiro-geri:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan-barai, repeat.
12.	<b>Chudan mae-geri to the front/ chudan yoko-geri-kekomi to the side with the same leg:</b>	Face the front in zenkutsu-dachi. 3 times each leg.

<b>KATA AND BUNKAI.</b>	Tekki Shodan plus any previous kata plus bunkai to all previous kata.
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5<sup>th</sup> KYU – PURPLE BELT (cont).

IPPON KUMITE: with partner – left and right sides.		
KUMITE.	Attack	Defend
	Jodan oi-zuki:	Jodan age-uke/yoko-geri-keage/ chudan yoko-empi 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.

KNOWLEDGE AND UNDERSTANDING.	
Count to 40 in Japanese and correctly answer <b>four</b> questions from anywhere in the syllabus up to 5 <sup>th</sup> Kyu but with at least <b>one</b> question from the following:	
<ul style="list-style-type: none"> <li>Which 3 big Okinawan Karate Schools cultivated different karate styles?</li> <li>What is the Japanese for left cat-stance?</li> <li>What is the Japanese for semi-free one-attack sparring?</li> </ul>	<ul style="list-style-type: none"> <li>If a Kyu in the dojo is acting inappropriately (swearing, chewing or behaving in a manner which would offend others) what would you do?</li> <li>Can you name three anatomical features of the head or face in Japanese?</li> </ul>

4<sup>TH</sup> KYU – PURPLE/WHITE BELT.

Basic Techniques.		
1.	<b>Choku-zuki:</b>	10 times in heiko-dachi.
2.	<b>Gyaku-zuki:</b>	5 times in zenkutsu-dachi (left and right sides)
3.	<b>Chudan mae-geri/sanbon-zuki:</b>	5 times in zenkutsu dachi, turn into gedan-barai, repeat.
4.	<b>Age-uke/chudan mae-geri/chudan gyaku-zuki/gedan-barai</b>	5 times forward in zenkutsu-dachi, turn into gedan-barai, repeat.
5.	<b>Soto-ude-uke in zenkutsu-dachi/ chudan yoko-empi-uchi/ jodan uraken in kiba-dachi/ chudan gyaku-zuki/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
6.	<b>Uchi-ude-uke in kokutsu-dachi/jodan kizama-zuki in zenkutsu-dachi/ chudan gyaku-zuki in zenkutsu-dachi/ gedan-barai in zenkutsu-dachi:</b>	5 times forwards and backwards.
7.	<b>Shuto-uke in kokutsu-dachi/ chudan mae-ashi mae-geri in kokutsu-dachi/ chudan gyaku-nukite in zenkutsu-dachi:</b>	3 times forward and backwards.
8.	<b>Chudan mae-geri/jodan mawashi-geri/ jodan uraken-uchi/chudan gyaku-zuki/ gedan-barai.</b>	3 times stepping forward in zenkutsu-dachi: turn into gedan-barai, repeat.
9.	<b>Chudan mae-geri/chudan yoko-geri-kekomi/jodan shuto-uchi/chudan gyaku-zuki/gedan-barai:</b>	3 times stepping forward in zenkutsu-dachi, turn into gedan barai, repeat.
10.	<b>Yoko-geri-keage (in kiba-dachi) / chudan gyaku-zuki (in zenkutsu dachi)/ gedan-barai (in kiba-dachi):</b>	3 times forward, turn, repeat.

<b>KATA AND BUNKAI.</b>	Heian Godan plus any previous kata plus bunkai to all previous kata.
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4<sup>TH</sup> KYU – PURPLE/WHITE BELT.

IPPON KUMITE: with partner. Left and right sides.		
KUMITE.	Attack.	Defend.
	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

KNOWLEDGE AND UNDERSTANDING.	
Count to 55 in Japanese and correctly answer <b>five</b> questions from anywhere in the syllabus including at least <b>one</b> question from the following:	
<ul style="list-style-type: none"> <li>• Can you name two other styles of karate-do?</li> <li>• What is a <i>Shihan</i>?</li> <li>• What does <i>Arigato</i> mean?</li> <li>• Name one of the great karate masters who taught Gichin Funikoshi?</li> </ul>	<ul style="list-style-type: none"> <li>• What is a hooking punch in Japanese?</li> <li>• What is the Japanese for a pressing block with the hand?</li> <li>• What is the Japanese for a both arms sideways punch?</li> </ul>