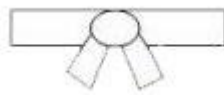


Shotokan Karate Syllabus



Grading syllabus for 10 th KYU (White Belt)

Basics: All done in zenkutsu-dachi (front stance)

- ◆ Stepping forward punching chudan level (stomach level)
- ◆ Stepping back blocking age-uke (rising block)
- ◆ Stepping forward soto ude-uke (outside forearm block)
- ◆ Stepping forward shoto-uke (knifehand block) in kokutsu-dachi (back stance)
- ◆ Hands down by your sides, stepping forward kicking mai-geri (front snap kick)

Kata: Heian Shodan

- ◆ Heian Shodan in your own time

Kumite: Three Step Basic Sparring

- ◆ Facing your partner, step forward to sensei's count three step sparring, three times jodan (face level) and three times chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender.



Grading syllabus for 9 th KYU testing for 8 th KYU (White Belt testing for Orange Belt)

Basics: All done in zenkutsu-dachi (front stance)

- ◆ Stepping forward punching chudan level (stomach level)
- ◆ Stepping back blocking age-uke (rising block)
- ◆ Stepping forward soto ude-uke (outside forearm block)
- ◆ Stepping forward shoto-uke (knifehand block) in kokutsu-dachi (back stance)
- ◆ Hands down by your sides, stepping forward kicking mai-geri (front snap kick)

Kata: Heian Shodan

- ◆ Heian Shodan in your own time

Kumite: Three Step Basic Sparring

- ◆ Facing your partner, step forward to sensei's count three step sparring, three times jodan (face level) and three times chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender.



**Grading syllabus for 8th KYU testing for 7th KYU
(Orange Belt testing for Red Belt)**

Basics:

- ◆ Stepping forward punching chudan level (stomach level)
- ◆ Stepping back blocking age-uke (rising block)
- ◆ Stepping forward soto ude-uke (outside forearm block)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance)

- ◆ Hands down by your sides, stepping forward kicking mai-geri (front snap kick), chudan level(stomach level)
- ◆ Stepping forward kicking mai-geri (front snap kick), jodan level (face level)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Heian Nidan

- ◆ Heian Nidan in your own time

Kumite: Three Step Basic Sparring

- ◆ Facing your partner, step forward to your own count three step sparring, three times jodan (face level) and three times chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender.



**Grading syllabus for 7th KYU testing for 6th KYU
(Red Belt testing for Yellow Belt)**

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), gyaku-tsuki (reverse punch jodan level)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance)

- ◆ Stepping forward kicking mai-geri (front snap kick)
- ◆ Stepping forward kicking mawashi-geri (round-house kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Heian Sandan

- ◆ Heian Sandan in your own time

Kumite: One Step Basic Sparring

- ◆ Facing your partner, one step sparring, twice jodan (face level) and twice chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender.



Grading syllabus for 6th KYU testing for 5th KYU (Yellow Belt testing for Green Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), gyaku-tsuki (reverse punch jodan level)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenjutsu-dachi (front stance) striking nukite (spearhand strike).

- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with backleg, then stepping forward and kicking with opposite leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Heian Yondan

- ◆ Heian Yondan in your own time

Kumite: One Step Basic Sparring

- ◆ Facing your partner, one step sparring, twice jodan (face level) and twice chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender. Defense – 2 different counter attacks.



Grading syllabus for 5th KYU testing for 4th KYU (Green testing for Purple Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), change your stance to kiba-dachi (side stance) and strike empi-uchi (elbow strike)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenjutsu-dachi (front stance) striking nukite (spearhand strike).
- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with backleg, then stepping forward and kicking with opposite leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Heian Godan

- ◆ Heian Godan in your own time

Kumite: One Step Basic Sparring

- ◆ Facing your partner, one step sparring, attacking twice jodan (face level), twice chudan (stomach level) and twice mai-geri (front snap kick) chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender. Defense – 2 different counter attacks



Grading syllabus for 4th KYU testing for 3rd KYU
(Purple Belt testing for Purple with white stripe Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), change your stance to kiba-dachi (side stance) and strike empi-uchi (elbow strike)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenkutsu-dachi (front stance) strike nukite (spearhand strike)
- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with backleg, then stepping forward and kicking with opposite leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)
- ◆ In zenkutsu-dachi, kicking two kicks with your back leg – first front snap kick, continuing with side snap or thrust kick, your choice, then stepping back

Kata: Tekki Shodan

- ◆ Tekki Shodan in your own time

Kumite: One Step Basic Sparring

- ◆ Facing your partner, one step sparring, attacking once jodan (face level), once chudan (stomach level) and once mai-geri chudan (stomach level), and once yoko-geri kekomi chudan (side thrust kick - stomach level). One direction you are the attacker, the opposite direction you are the defender. Defense – 2 different counter attacks



Grading syllabus for 3rd KYU testing for 2nd KYU
(Purple with white stripe belt for Brown Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), change your stance to kiba-dachi (side stance) and strike empi-uchi (elbow strike), uraken (backfist strike)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenkutsu-dachi (front stance) strike nukite (spearhand strike)

- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with frontleg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Bassai-Dai

- ◆ Bassai-Dai in your own time

Kumite: Jiyu-Ippon (Semi-Free Sparring)

- ◆ Facing your partner, semi-free sparring, attacking once jodan (face level), once chudan (stomach level), once mai-geri chudan (stomach level), and once yoko-geri kekomi (side thrust kick - stomach level). One direction you are the attacker, the opposite direction you are the defender.



Grading syllabus for 2nd KYU testing for 1st KYU
(Brown Belt testing for Brown Belt with Black Stripe)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), change your stance to kiba-dachi (side stance) and strike empi-uchi (elbow strike), then uraken (backfist strike)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenkutsu-dachi (front stance) strike nukite (spearhand strike)
- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with frontleg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrustkick)

Kata: Bassai-Dai

- ◆ Bassai-Dai in your own time

Kumite: Jiyu-Ippon (Semi-Free Sparring)

- ◆ Facing your partner, semi-free sparring, attacking once jodan (face level), once chudan (stomachlevel), once mai-geri chudan (stomach level), once yoko-geri kekomi (side thrust kick - stomachlevel) and once mawashi-geri (round-house kick). One direction you are the attacker, the opposite direction you are the defender.



Grading syllabus for 1st KYU testing for Shodan (Black Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch jodan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), change your stance to kiba-dachi (side stance) and strike empi-uchi (elbow strike), then uraken (backfist strike), change stance to Zenkutsu-dachi (front stance) punching gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), keep stance, kicking mai-geri then strike nukite (spearhand strike) in back stance
- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with front leg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrust kick)

Standing kicks:

- ◆ Standing in Zenkutsu-dachi (front stance) on the spot kick mai-geri (front snap kick) with back leg then either yoko-geri keage (side snap kick) or yoko-geri kekomi (side thrust kick) then step back.

Kata: Bassai-Dai, Kanku-Dai, Jion, or Empi

- ◆ Your choice of kata in your own time
- ◆ Examiners choice of kata for you (Heian 1 – Tekki 1)

Kumite: Jiyu Kumite (Free Sparring)

- ◆ Facing your partner, dojo Kumite. Make proper distancing while attacking, good kime, create a target and attack on target, effective blocking and shifting, execute effective attacks with strong kiai. Mouthpiece and hand protectors must be worn.



Grading syllabus for Nidan testing (2nd Degree Black Belt)

Basics (all starting in kamae stance)

- ◆ Kizami-tsuki (remember your retraction hand), stepping forward punching sanbon-tsuki
(three punch combination – first punch jodan, second two punches chudan)
- ◆ Kizami-tsuki at the same time kicking mai-geri with back leg, stepping forward oi-tsukichudan, then punch gyaku-tsuki
- ◆ Kizami-tsuki, stepping back blocking age-uke (rising block), stepping forward mawashi-geri, then uraken (backfist strike), stepping forward oi-tsuki
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance), keep stance, kicking mai-geri then strike nukite (spearhand strike) in back stance
- ◆ Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with frontleg, then stepping forward and kicking with back leg)
- ◆ Stepping forward kicking mawashi-geri ren-geri (round-house kick), as above
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick), turning and kicking with the opposite leg yoko-geri kekomi (side thrust kick)
- ◆ Kicking combination composed of kizame mai-geri, mawashi-geri, yoko-geri kekomi, ushiro-geri (back kick)

Kata: your choice

- ◆ Make sure you choose a kata that fits your body type
- ◆ Sensei Yaguchi will choose a second kata for you (usually Tekki Nidan), or a kata opposite in technique to your first choice

Kumite: Free Sparring

- ◆ You will be chosen two or more partners to spar with. This is dojo Kumite, not competition Kumite. Make sure you understand the difference. Mouthpiece and hand protectors must be worn.

