

**10<sup>th</sup> Kyu (Yellow Belt) Grading syllabus**

**Kihon**

<i>Zenkutsu dachi</i> (front stance)	1. Lunge punch	Oi zuki	4x fwd & back
	2. Rising block	Age uke	4x fwd & back
	3. Outside block	Ude uke	4x fwd & back
	4. Inside block	Uchi uke	4x fwd & back
	5. Down block	Gedan Barai	4x fwd & back
	6. Front snap kick	Mae geri keage	4x fwd & back

**Kata**

10th kyu: Taikyoku Shodan

**Kumite**

<u>5-step sparring</u>	<u>Gohon kumite</u>
Face punch:	Jo dan
Body punch:	Chu dan

**9<sup>th</sup> Kyu (Orange Belt) & 8<sup>th</sup> (Blue Belt) Grading syllabus**

<b>Kihon</b> Zenkutsu dachi (front stance)	1. Lunge punch	Oi zuki	4x fwd & back
	2. Rising block	Age uke	4x fwd & back
	3. Outside block	Ude uke	4x fwd & back
	4. Inside block	Uchi uke	4x fwd & back
	5. Down block	Gedan barai	4x fwd & back
Kokutsu dachi (back stance)	6. Knife-hand block	Shoto uke	4x fwd & back
Zenkutsu dachi (front stance)	7. Front snap kick	Mae geri keage	4x fwd & back
	8. Front thrust kick	Mae geri kekomi	4x fwd & back
Kiba dachi (side stance)	9. Side snap kick	Yoko geri keage	4x fwd & back
	10. Side thrust kick	Yoko geri kekomi	4x fwd & back
<b>Kata</b>	9 <sup>th</sup> kyu: Heian Shodan:	(Orange belt)	
	8 <sup>th</sup> Kyu: Heian Nidan:	(Blue belt)	
<b>Kumite</b>	<u>5- step sparring</u>	<u>Gohon kumite</u>	
	Face punch	Jo dan,	
	Body punch	Chu dan	



## 7<sup>th</sup> Kyu (Green Belt) & 6<sup>th</sup> (Green/striped Belt) Grading syllabus

### **Kihon**

(Zenkutsu dachi)  
(front stance)

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|---------------------------------|-------------------------|---------------|
| 1. Double punch                 | Nidan zuki              | 4x fwd & back |
| 2. Rising block, reverse punch  | Age uke, gyaku zuki     | 4x fwd & back |
| 3. Outside block, reverse punch | Ude uke, gyaku zuki     | 4x fwd & back |
| 4. Inside block, reverse punch  | Uchi uke, gyaku zuki    | 4x fwd & back |
| 5. Down block, reverse punch    | Gedan barai, gyaku zuki | 4x fwd & back |

Kokutsu dachi  
(back stance)

- |  |                                       |               |
|--|---------------------------------------|---------------|
| 6. Knife-hand block,<br>(front stance) spear hand thrust | Shoto uke,<br>Mukite (zenkutsu dachi) | 4x fwd & back |
|--|---------------------------------------|---------------|

Zenkutsu dachi  
(front stance)

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|--|-----------------|---------------|
| 7. Front snap kick                               | Mae geri keage  | 4x fwd & back |
| 8. Front thrust kick                             | Mae geri kekomi | 4x fwd & back |
| 9. Round house kick                              | Mawashi geri    | 4x fwd & back |
| 10. Back kick moving backward<br>without turning | Ushiro geri     | 4x fwd & back |

Kiba dachi  
(side stance)

- |                      |                  |               |
|----------------------|------------------|---------------|
| 11. Side snap kick   | Yoko geri keage  | 4x fwd & back |
| 12. Side thrust kick | Yoko geri kekomi | 4x fwd & back |

### **Kata**

7<sup>th</sup> kyu: Heian Sandan (green belt)  
6<sup>th</sup> Kyu: Heian Sandan (green/striped belt)

### **Kumite**

3-step sparring  
Face punch  
Body punch

Sanbon kumite  
Jo dan  
Chu dan



# FUNAKOSHI

## Shotokan Karate Association

### 5<sup>th</sup> Kyu (Purple Belt)& 4<sup>th</sup> (Purple Stripe Belt) Grading syllabus

#### **Kihon**

Zenkutsu dachi  
(front stance)

1. Triple punch
2. Rising block, double punch
3. Outside block, double punch
4. Inside block, double punch
5. Down block, double punch

Sanbon zuki 4x fwd & back  
Age uke, nidan zuki 4x fwd & back  
Ude uke, nidan zuki 4x fwd & back  
Uchi uke, nidan zuki 4x fwd & back  
Gedan barai, nidan zuki 4x fwd & back

Kokutsu dachi  
(back stance)

6. Knife-hand block  
(front leg) front snap kick,  
spear hand thrust

Shuto uke, 4x fwd & back  
Mae ashi mae geri keage,  
Nukite(zenkutsu dachi)

Zenkutsu dachi  
(front stance)

7. Outside block,  
(side stance)elbow strike

Ude uke, 4x fwd & back  
(kiba dachi) empi uchi

#### **Kicks**

(alternating legs)  
Zenkutsu dachi  
(front stance)

8. Front snap kick, front thrust kick
9. Front snap kick, round house kick
10. Front snap kick, side thrust kick
11. Round house kick, back kick
12. Side thrust kick, back kick

Mae geri keage, 2x fwd & back  
Mae geri kekomi  
Mae geri keage, 2x fwd & back  
Mawashi geri  
Mae geri keage, 2x fwd & back  
Yoko geri kekomi,  
Mawashi geri, ushiro geri 2x fwd & back  
Yoko geri kekomi, ushiro geri 2x fwd & back

Kiba dachi  
(side stance)

13. Side snap kick, side thrust kick

Yoko geri keage, 2x fwd & back  
Yoko geri kekomi

Zenkutsu dachi  
(front stance)

14. Front snap kick, roundhouse kick  
Side thrust kick, back kick

Mae geri keage, mawashi geri, 1x fwd & back  
Yoko geri kekomi, ushiro geri

Stationary kick

15. Front snap kick, lunge kick
16. Reverse punch, front snap kick
17. Front snap kick, side snap kick

Mae geri keage, oi zuki 4x fwd & back  
Gyaku zuki, mae geri keage 4x fwd & back  
Mae geri keage, 5sets each leg  
Yoko geri keage

5<sup>th</sup> Kyu: Heian Godan(purple belt)

4<sup>th</sup> Kyu:Tekki Shodan (purple/stripe belt)

#### **Kata**

#### **Kumite**

##### 1-step sparring

Face punch  
Body punch  
Front snap kick  
Roundhouse kick  
Side thrust kick  
Back kick

##### Ippon Kumite

Jo dan  
Chu dan  
Mae geri keage  
Mawashi geri  
Yoko geri kekomi  
Ushiro geri

**Shodan Examination Requirements**  
**Black Belt**

**Kihon**

Free style stance

*Kamae*

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|--|---------------|
| 1. Kizami zuki                                     | 6x fwd & back |
| 2. Uraken uchi                                     | 6x fwd & back |
| 3. Gyaku zuki                                      | 6x fwd & back |
| 4. Oi zuki   | 4x fwd & back |
| 5. Oi-gyaku zuki                                   | 4x fwd & back |
| 6. Kizami zuki, oi zuki                            | 4x fwd & back |
| 7. Kizami zuki, gyaku zuki                         | 4x fwd & back |
| 8. Oi zuki, half step, kizami zuki                 | 2x fwd & back |
| 9. Oi zuki, half step, uraken zuki                 | 2x fwd & back |
| 10. Oi zuki, half step, gyaku zuki                 | 2x fwd & back |
| 11. Gyaku zuki, step forward, gyaku zuki           | 4x fwd & back |
| 12. Gyaku zuki, step forward, uraken zuki          | 4x fwd & back |
| 13. Kizami zuki, oi zuki, half step, gyaku zuki    | 2x fwd & back |
| 14. Tsuki combination                              | 1x fwd & back |
| 15. Mae geri keage, oi zuki                        | 6x fwd & back |
| 16. Gyaku zuki, mae geri keage                     | 6x fwd & back |
| 17. Gyaku zuki, mawashi geri                       | 6x fwd & back |
| 18. Gyaku zuki, yoko geri kekomi                   | 6x fwd & back |
| 19. Ushiro geri, gyaku zuki                        | 6x fwd & back |
| 20. Mae geri keage, oi zuki, half step, gyaku zuki | 2x fwd & back |
| 21. Keri combination                               | 1x fwd & back |

**Stationary Kick**

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|--|-----------------|
| 22- Mae geri keage, yoko geri keage, mawashi geri, ushiro geri | 5 sets each leg |
|--|-----------------|

**Focus Pencil**

- |                |
|----------------|
| 23- Gyaku zuki |
|----------------|

**Kata**

Pre-Shodan1: Bassai Dai, Jion Kanku Dai, Hangetsu  
 Pre-Shodan 2: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi  
 Pre-Shodan1: Bassai Dai, Jion, Kanku Dai, Hangetsui, Empi, Tekki Nidan  
 Shodan: All katas for pre-shodan 3 plus the application of the Katas

**Kumite**

Competitive : Jyu Kumite (tournament style) Shobu Ippon  
 Non- competitive: Jyu ippon kumite