

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

WHITE BELT

9th Kyu (Kyukyu)

KIHON (Basics)

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

(All Kihon may be performed with one count, one move)

KATA

- Heian Shodan ****Pages 36-43**
(one count, one move)

KUMITE

- Gohon Kumite
Jodan (Hidari - left leg forward) ***Pages 29-31**
(Kumite may be performed, one count, one move)

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Note : Any deviation from the SKIF syllabus, in this manual, is a recommendation for use within Australia

Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

YELLOW BELT

8th Kyu (Hachikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan ****Pages 36-43**

KUMITE

- Gohon Kumite
Jodan and Chudan (Hidari) ***Pages 29-33**

** Refer to SKI Kumite Kyohan to the pages specified*

*** Refer to SKI Kata Volume 1 to the pages specified*

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Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

ORANGE BELT

7th Kyu (Nanakyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae gerii

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Gamae

- Mawashi geri

KATA

- Heian Nidan ****Pages 44-55**

KUMITE

- Sanbon Kumite
Numbers 1 and 2 ***Pages 35-39**
(Hidari - left leg forward)

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

GREEN BELT

6th Kyu (Rokkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

Note: The above Kihon will be required to be performed backwards or forwards as requested.

KATA

- Heian Sandan ****Pages 56-69**

KUMITE

- Sanbon Kumite
Numbers 1 and 2 ***Pages 35-39**
(Hidari / Migi)

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

PURPLE BELT

5th Kyu (Gokyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Yondan ****Pages 70-83**

KUMITE

- Kihon Ippon Kumite ***Pages 43-64**
 - 2 Jodan
 - 2 Chudan
 - 2 Mae geri

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

PURPLE BELT

4th Kyu (Yonkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Note: The above Kihon will be required to be performed backwards or forwards as requested.

KATA

- Heian Godan ****Pages 84-95**

KUMITE

- Kihon Ippon Kumite ***Pages 43-73**
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 1 Mae geri

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

3rd Kyu (Sankyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto ude uke
- Chudan uchi uke

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Gamae

- Mae geri
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Gedan Barai

- Ushiro geri

KATA

- Tekki Shodan ****Pages 97-111**

KUMITE

- Shitei Kihon Ippon Kumite (Hidari / Migi)
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri***Pages 43-73**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 72 hours
(or 6 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

2nd Kyu (Nikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri jun zuki, gedan barai

Zenkutsu Dachi, Gamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping – change leg) yoko geri kekomi

KATA

- (A) Tekki Shodan ****Pages 97-111**
- (B) Sentei Kata :(one kata from this group)
 - Bassai Dai ****Pages 113-135**
 - Kanku Dai ****Pages 137-163**
 - Jion *****Pages 23-45**
 - Enpi ****Pages 165-185**

KUMITE

- Jiyu Ippon Kumite
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri ***Pages 88-116**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 72 hours
(or 6 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

1st Kyu (Ikkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri jun zuki, gedan barai

Zenkutsu Dachi, Gamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping – change leg) yoko geri kekomi

KATA

- (A) Tekki Shodan ****Pages 97-111**
- (B) Sentei Kata :(one kata from this group)
 - Bassai Dai ****Pages 113-135**
 - Kanku Dai ****Pages 137-163**
 - Jion *****Pages 23-45**
 - Enpi ****Pages 165-185**

KUMITE

- Jiyu Ippon Kumite
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri ***Pages 88-116**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 72 hours
(or 6 months)

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BLACK BELT

1st Dan (Shodan)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon jun zuki (Jodan, chudan, chudan)
- Sanbon gyaku zuki (Chudan, jodan, chudan)
- Jodan age uke, gedan barai, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi uraken (kiba dachi), gyaku zuki (zenkutsu)
- # Chudan uchi ude uke, jodan kizami zuki, mae geri, chudan gyaku zuki

Kokutsu Dachi

- Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi)

Zenkutsu Dachi, Gedan Barai

- Mae geri, mawashi, gyaku zuki, gedan barai
- Mae geri, yoko geri kekomi, gyaku zuki, gedan barai

Kiba Dachi

- Yoko geri keage, (stepping – change leg) yoko geri kekomi

KIME WAZA Gyaku zuki

KATA

- (A) Shitei Kata :
Heian 1 - 5, Tekki Shodan ****Pages 35-111**
- (B) Sentei Kata :
Bassai Dai ****Pages 113-135**
Kanku Dai ****Pages 137-163**
Jion *****Pages 23-45**
Enpi ****Pages 165-185**
Jitte *****Pages 47-63**

KUMITE

- Jiyu Ippon Kumite ***Pages 88-116**
One of each technique (Hidari / Migi)
Jodan, Chudan, Mae geri, Yoko geri, Mawashi
geri, Ushiro geri, Jodan kizami zuki, Chudan
gyaku zuki

*** SKI Kumite Kyohan to the pages specified ** SKI Kata Volume 1 to the pages specified**
***** SKI Kata Volume 2 to the pages specified**

This combination may not appear in some older reprints of Sensei Kanazawa's SKI books

Shitei : Compulsory - Sentei : Free choice

Minimum training before next grade 2 years

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BLACK BELT

2nd Dan (Nidan)

KIHON

Jiyu Na Kamae

- Kizami zuki, mae geri, oi zuki
- (Step back) Age uke, (forward) mawashi geri, uraken uchi, jun zuki

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Zenkutsu Dachi Shomen

- Mae geri, mawashi geri (same leg, to the front)
- Mawashi geri, yoko geri kekomi (same leg, to the front)
- Mae geri, yoko geri keage, ushiro geri (same leg, 3 directions)

KIME WAZA Kizami zuki

KATA

- (A) Sentei Kata : (B) Sentei Kata :
 - Bassi Dai** Hangetsu***
 - Kanku Dai** Tekki Nidan***
 - Jion*** Bassai Sho***
 - Enpi** Gankaku***
 - Jitte*** Kanku Sho***

KUMITE

- Okuri Jiyu Ippon Kumite *Pages 131-145
- Jiyu Kumite

** Refer to SKI Kumite Kyohan to the pages specified*

*** Refer to SKI Kata Volume 1 to the pages specified*

**** Refer to SKI Kata Volume 2 to the pages specified*

Shitei : Compulsory Sentei : Free choice

Minimum training before next grade 3 years

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BLACK BELT

3rd Dan (Sandan)

KIHON

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Jiyu Na Gamae Shomen

- Kizami zuki (front), Tate shuto (to side), gyaku zuki, jiyu na gamae
- Kizami zuki, gyaku zuki, (rear foot across and behind) Mawashi geri (step forward), Uraken, gyaku zuki, jiyu na gamae

Zenkutsu Dachi Shomen

- Mae geri, yoko geri, ushiro geri, mawashi geri

KIME WAZA Kizami zuki, Gyaku zuki

KATA

- (A) Shitei Kata : (B) Sentei Kata :
 - Bassi Dai**
 - Kanku Dai**
 - Jion***
 - Enpi**
 - Jitte***

KUMITE

- Jiyu Kumite

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Shitei : Compulsory Sentei : Free choice