

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA



GRADING SYLLABUS (NINTH KYU TO 3RD DAN)

(Any deviation in this manual from the Shotokan Karatedo International Federation Syllabus is recommended for use within Australia)

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KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi , Gedan barai Uke

- *Chudan Jun-Zuki (Middle level Leading-arm punch)*
- *Chudan Gyaku-Zuki (Middle level Reverse punch)*
- *Jodan Age-Uke (Upper level Rising block)*

Kamae (Beginning posture): Zenkutsu Dachi kamae

- *Mae-Geri (Forward/front kick)*

Kamae (Beginning posture): Kiba Dachi kamae

- *Yoko-Geri Keage (Snap Sideward kick)*

KATA

- *Heian Shodan (Peaceful Mind, first form) ...one count, one move*

[SKI Kata Volume 1, Pages 36-43]

KUMITE

- *Gohon Kumite (hidari) ...5 step sparring beginning with left leg forward*
- *Jodan (Upper level attack) ...may be done one count one move*

[SKI Kumite Kyohan, Pages 29-31]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi , Gedan barai Uke

- Chudan Jun-Zuki (*Middle level* Leading-arm punch)
- Chudan Gyaku-Zuki (*Middle level* Reverse punch)
- Jodan Age-Uke (*Upper level* Rising block)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mae-Geri (Forward/front kick)

Kamae (Beginning posture): Kiba Dachi kamae

- Yoko-Geri Keage (Sideward kick, Snap)

KATA

- Heian Shodan (Peaceful Mind, first form)

[SKI Kata Volume 1, Pages 36-43]

KUMITE

Gohon Kumite (*hidari*)

...5 step sparring *beginning with left*

- Jodan (Upper level attack) *leg forward*
- Chudan (Middle level attack)

[SKI Kumite Kyohan, Pages 29-33]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- Chudan Jun-Zuki (*Middle level* Leading-arm punch)
- Chudan Gyaku-Zuki (*Middle level* Reverse punch)
- Jodan Age-Uke, Gyaku-zuki (*Upper level* Rising block, Reverse punch)
- Chudan Soto-Ude-Uke, Gyaku-zuki (*Middle level* Outside forearm block, Reverse punch)
- Chudan Uchi-Ude-Uke, Gyaku-zuki (*Middle level* Inside forearm block, Reverse punch)

Kamae (Beginning posture): Kokutsu Dachi kamae

- Chudan Shuto-Uke (*Middle level* Knife hand block)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mae-Geri (Forward/front kick)

Kamae (Beginning posture): Kiba Dachi kamae

- Yoko-Geri Keage (Sideward kick, Snap)
- Yoko-Geri Kekomi (Sideward kick, Thrust)

KATA

- Heian Nidan (Peaceful Mind, second form)

[SKI Kata Volume 1, Pages 44-55]

KUMITE

- Sanbon Kumite (*hidari*) ...3 step sparring *beginning with left leg forward*
- Numbers/Sets 1 and 2

[SKI Kumite Kyohan, Pages 35-39]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- Chudan Jun-Zuki (*Middle level* Leading-arm punch)
- Chudan Gyaku-Zuki (*Middle level* Reverse punch)
- Jodan Age-Uke, Gyaku-zuki (*Upper level* Rising block, Reverse punch)
- Chudan Soto-Ude-Uke, Gyaku-zuki (*Middle level* Outside forearm block, Reverse punch)
- Chudan Uchi-Ude-Uke, Gyaku-zuki (*Middle level* Inside forearm block, Reverse punch)

Kamae (Beginning posture): Kokutsu Dachi kamae

- Chudan Shuto-Uke (*Middle level* Knife hand block)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mae-Geri (Forward/front kick)

Kamae (Beginning posture): Kiba Dachi kamae

- Yoko-Geri Keage (Sideward kick, Snap)
- Yoko-Geri Kekomi (Sideward kick, Thrust)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mawashi-Geri (Roundhouse kick)

[Examinees will be required to perform the above Kihon waza forwards or backwards, as directed]

KATA

- Heian Sandan (Peaceful Mind, third form)

[SKI Kata Volume 1, Pages 56-69]

KUMITE

Sanbon Kumite (*hidari AND migi*)

- Numbers/Sets 1 and 2 ...to be performed with *left AND right* side leading

[SKI Kumite Kyohan, Pages 35-39]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- *Sanbon-Zuki: Jodan Jun-Zuki, Chudan Gyaku-Zuki, Chudan Jun-Zuki (Triple punch: Upper level Leading-arm punch, Middle level Reverse punch, Middle level Lunging punch)*
- *Sanbon –Zuki: Chudan Gyaku-Zuki, Jodan Jun-Zuki, Chudan Jun-Zuki (Triple punch: Middle level Reverse punch, Upper level Leading-arm punch, Middle level Lunging punch)*
- *Jodan Age-Uke, Gyaku-zuki (Upper level Rising block, Reverse punch)*
- *Chudan Soto-Ude-Uke, [Kiba Dachi] Enpi-Uchi, Uraken Uchi (Middle level Outside forearm block, [switch to Kiba Dachi] Elbow strike, Backfist strike)*
- *Chudan Uchi-Ude-Uke, Kizami-Zuki, Gyaku-zuki (Middle level Inside forearm block, Leading-arm Snap punch, Reverse punch)*

Kamae (Beginning posture): Zenkutsu Dachi kamae

- *Mae-Ren-Geri, Jodan-Chudan (Forward Double kick alternating legs to Upper and Middle levels)*
- *Mawashi-Geri (Roundhouse kick)*

Kamae (Beginning posture): Kiba Dachi kamae

- *Yoko-Geri Keage (Sideward kick, Snap)*
- *Yoko-Geri Kekomi (Sideward kick, Thrust)*

KATA

Heian Yondan (Peaceful Mind, fourth form)

[SKI Kata Volume 1, Pages 70-83]

KUMITE

Kihon Ippon Kumite (Basic One-step sparring)

- 2 Jodan
- 2 Chudan
- 2 Mae-Geri

[SKI Kumite Kyohan, Pages 43-64]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- *Sanbon-Zuki: Jodan Jun-Zuki, Chudan Gyaku-Zuki, Chudan Jun-Zuki* (Triple punch: Upper level Leading-arm punch, Middle level Reverse punch, Middle level Lunging punch)
- *Sanbon –Zuki: Chudan Gyaku-Zuki, Jodan Jun-Zuki, Chudan Jun-Zuki* (Triple punch: Middle level Reverse punch, Upper level Leading-arm punch, Middle level Lunging punch)
- *Jodan Age-Uke, Gyaku-zuki* (Upper level Rising block, Reverse punch)
- *Chudan Soto-Ude-Uke, [Kiba Dachi] Enpi-Uchi, Uraken Uchi* (Middle level Outside forearm block, [switch to Kiba Dachi] Elbow strike, Backfist strike)
- *Chudan Uchi-Ude-Uke, Kizami-Zuki, Gyaku-zuki* (Middle level Inside forearm block, Leading-arm Snap punch, Reverse punch)
- *[Kokutsu Dachi] Chudan Shuto-Uke, [Zenkutsu Dachi] Nukite* ([switch to Kokutsu Dachi] Middle level Knife hand block, [switch back to Zenkutsu Dachi] Spear hand strike)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- *Mae-Ren-Geri, Chudan-Jodan* (Forward Double kick alternating legs to Middle and Upper levels)
- *Mawashi-Geri* (Roundhouse kick)

Kamae (Beginning posture): Kiba Dachi kamae

- *Yoko-Geri Keage* (Sideward kick, Snap)
- *Yoko-Geri Kekomi* (Sideward kick, Thrust)

[Examinees will be required to perform the above Kihon waza forwards or backwards, as directed]

KATA

- Heian Godan (Peaceful Mind, fifth form)

[SKI Kata Volume 1, Pages 84-95]

KUMITE

Kihon Ippon Kumite

- 2 Jodan - 1 Yoko-Geri
- 2 Chudan - 1 Mawashi-Geri
- 1 Mae-Geri

[SKI Kumite Kyohan, Pages 43-73]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- Mae-Geri, Jun-Zuki (Forward kick, Leading-arm punch)
- Mawashi-Geri, Gyaku-Zuki (Roundhouse kick, Reverse punch)
- Gyaku-Zuki, Mae-Geri, Jun-Zuki, *Gedan-barai-Uke* (Reverse punch, Forward kick, Leading-arm punch, *Lower-level* sweeping block)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mae-Geri, Mawashi-Geri (Forward kick, Roundhouse kick)
- Kizami Yoko Kekomi-Geri, Ushiro-Geri (Front-leg Sideward Thrust-kick, Backward kick)

Kamae (Beginning posture): Kiba Dachi kamae

- Yoko-Geri Keage (Sideward kick, Snap) – [change legs] - Yoko-Geri Kekomi (Sideward kick, Thrust).

KATA

Shitei kata (Compulsory kata)

- Tekki Shodan (Iron Horse, first form) [SKI Kata Vol 1, Pages 97-111]

Sentei kata (Kata of examinee's choice – one from following)

- Bassai Dai (Penetrating a Fortress, Greater form) [SKI Kata Vol 1, Pages 113-135]
- Kanku Dai (Viewing the Sky, Greater form) [SKI Kata Vol 1, Pages 137-163]
- Jion (Temple Bell) [SKI Kata Vol 2, Pages 23-45]
- Enpi (Flying Swallow) [SKI Kata Vol 1, Pages 165-185]

KUMITE

Jiyu Ippon Kumite (Semi-free One-step Sparring)

- 2 Jodan - 1 Yoko-Geri
- 2 Chudan - 1 Mawashi-Geri
- 2 Mae-Geri

[SKI Kumite Kyohan, Pages 88-116]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- Mae-Geri, Jun-Zuki (Forward kick, Leading-arm punch)
- Mawashi-Geri, Gyaku-Zuki (Roundhouse kick, Reverse punch)
- Gyaku-Zuki, Mae-Geri, Jun-Zuki, *Gedan-barai-Uke* (Reverse punch, Forward kick, Leading-arm punch, *Lower-level* sweeping block)

Kamae (Beginning posture): Zenkutsu Dachi kamae

- Mae-Geri, Mawashi-Geri (Forward kick, Roundhouse kick)
- Kizami Yoko Kekomi-Geri, Ushiro-Geri (Front-leg Sideward Thrust-kick, Backward kick)

Kamae (Beginning posture): Kiba Dachi kamae

- Yoko-Geri Keage (Sideward kick, Snap) – [change legs] - Yoko-Geri Kekomi (Sideward kick, Thrust).

KATA

Shitei kata (Compulsory kata)

- Tekki Shodan (Iron Horse, first form) [SKI Kata Vol 1, Pages 97-111]

Sentei kata (Kata of examinee's choice – one from following)

- Bassai Dai (Penetrating a Fortress, Greater form) [SKI Kata Vol 1, Pages 113-135]
- Kanku Dai (Viewing the Sky, Greater form) [SKI Kata Vol 1, Pages 137-163]
- Jion (Temple Bell) [SKI Kata Vol 2, Pages 23-45]
- Enpi (Flying Swallow) [SKI Kata Vol 1, Pages 165-185]

KUMITE

Jiyu Ippon Kumite (Semi-free One-step Sparring)

- 2 Jodan - 1 Yoko-Geri
- 2 Chudan - 1 Mawashi-Geri
- 2 Mae-Geri

[SKI Kumite Kyohan, Pages 88-116]

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

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Zenkutsu Dachi, Gedan barai Uke

- Sanbon-Zuki [*Jodan-Chudan-Chudan*](Triple punch [*Upper-Middle-Middle*])
- Sanbon-Gyaku-Zuki [*Chudan - Jodan -Chudan*] (Triple punch [*Middle-Upper-Middle*])
- *Jodan Age-Uke, Gedan-barai-Uke, GyakuZuki* (*Upper-level Rising block, Lower-level Sweeping block, Reverse punch*)
- *Chudan Uchi-ude-Uke, Jodan Kizami-zuki, Mae-Geri, Chudan Gyaku-Zuki* (*Middle-level Inside-forearm-block, Upper-level Leading-arm Snap punch, Forward kick, Middle-level Reverse punch*)
- *Mae-Geri, Mawashi-Geri* (*Forward kick, Roundhouse kick*)
- *Kizami Yoko Kekomi-Geri, Ushiro-Geri* (*Front-leg Sideward Thrust-kick, Backward kick*)

Kamae (Beginning posture): Kokutsu Dachi

- *Chudan Shuto-Uke, Kizami-Geri, [switch to Zenkutsu-Dachi] Nukite* (*Middle-level Knife-hand block, Leading-leg Snap kick [switch to Front stance] Spear-hand strike*)

Kamae (Beginning posture): Kiba Dachi kamae

- *Yoko-Geri Keage* (*Sideward kick, Snap*) – [*change legs*] - *Yoko-Geri Kekomi* (*Sideward kick, Thrust*)

KIME WAZA (FOCUS-DEMONSTRATION TECHNIQUE)

- *Kizami-Zuki* (*Leading-arm Snap punch*)

KATA

Shitei kata (Compulsory kata)

- Heian 1-5 (Peaceful Mind) [SKI Kata Volume 1, Pages 36-95]
- Tekki Shodan (Iron Horse, first form) [SKI Kata Vol 1, Pages 97-111]

Sentei kata (Kata of examinee's choice – one from following)

- Bassai Dai (Penetrating a Fortress, Greater form) [SKI Kata Vol 1, Pages 113-135]
- Kanku Dai (Viewing the Sky, Greater form) [SKI Kata Vol 1, Pages 137-163]
- Jion (Temple Bell) [SKI Kata Vol 2, Pages 23-45]
- Enpi (Flying Swallow) [SKI Kata Vol 1, Pages 165-185]
- Jitte (Ten Hands) [SKI Kata Vol 2, Pages 47-63]

(....*Shodan* syllabus continued)

KUMITE

Jiyu Ippon Kumite (One of each technique – Hidari and Migi)

- Jodan - Yoko-Geri - Jodan Kizami
- Chudan - Mawashi-Geri - Chudan Gyaku-zuki
- Mae-Geri - Ushiro-Geri

[SKI Kumite Kyohan, Pages 88-116]



Minimum training before next grade:
2 years

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Jiyu-na-Gamae (Free-stance)

- Kizami-Zuki, Mae-Geri, Oi-Zuki (Leading-arm Snap punch, Forward kick, Lunging- punch)
- [Stepping backwards] Age-Uke, [Stepping forward] Mawashi-Geri, Uraken-Uchi, Jun-Zuki ([backwards] Rising block, [forward] Roundhouse kick, Backfist strike, Leading-arm punch)

Kamae (Beginning posture): Fudo Dachi (Rooted stance)

- Chudan Jun-Zuki (Middle-level Leading-arm punch)
- Jun-Zuki sanbon (Triple punch beginning with Leading-arm punch)

Kamae (Beginning posture): Zenkutsu Dachi shomen (Facing forward)

- Mae-Geri, Mawashi-Geri [same leg, to the front] (Forward kick, Roundhouse kick)
- Mawashi-Geri, Yoko-Geri Kekomi [same leg, to the front] (Roundhouse kick, Side Thrust kick)
- Mae-Geri, Yoko-Geri Keage, Ushiro-Geri [same leg, to the front] (Front kick, Side Snap kick, Back kick)

KIME WAZA (FOCUS-DEMONSTRATION TECHNIQUE)

- Kizami-Zuki (Leading-arm Snap punch)

KATA

Shitei kata (Compulory kata)

- Bassai Dai (Penetrating a Fortress, Greater form) [SKI Kata Vol 1, Pages 113-135]
- Kanku Dai (Viewing the Sky, Greater form) [SKI Kata Vol 1, Pages 137-163]
- Jion (Temple Bell) [SKI Kata Vol 2, Pages 23-45]
- Enpi (Flying Swallow) [SKI Kata Vol 1, Pages 165-185]
- Jitte (Ten Hands) [SKI Kata Vol 2, Pages 47-63]

Sentei kata (Kata of examinee's choice – one from following)

- Hangetsu (Crescent Moon) [SKI Kata Vol , Pages -]
- Tekki Nidan (Iron-Horse, second form) [SKI Kata Vol , Pages -]
- Bassai Sho (Penetrating a Fortress, Lesser Form) [SKI Kata Vol , Pages -]
- Gankaku (Crane on a Rock) [SKI Kata Vol , Pages -]
- Kanku Sho (Viewing the Sky, Lesser Form) [SKI Kata Vol , Pages -]

KUMITE

- Okuri Jiyu Ippon Kumite (Responding) [SKI Kumite Kyohan, Pages 131-145]
- Jiyu Kumite

Minimum training before next grade:
3 years

KIHON WAZA (BASIC TECHNIQUES)

Kamae (Beginning posture): Jiyu-na-gamae *shomen* (*facing forward*)

- Chudan Jun-Zuki
- Jun-Zuki sanbon

Kamae (Beginning posture): Fudo Dachi, Gedan barai Uke

- Kizami-Zuki [to front], Tate-Shuto Uke [to side], Gyaku-Zuki, Jiyu-na-gamae
- Kizami-Zuki, Gyaku-Zuki [rear-foot across and behind], Mawashi-Geri [stepping forward], Uraken-Uchi, Gyaku-Zuki, Jiyu-na-Gamae

Kamae (Beginning posture): Zenkutsu Dachi *shomen* (*Facing forward*)

- Mae-Geri, Yoko-Geri Keage, Ushiro-Geri, Mawashi-Geri

KIME WAZA (FOCUS-DEMONSTRATION TECHNIQUE)

- Kizami-Zuki, Gyaku-Zuki

KATA

Shitei kata

- Bassai Dai
- Kanku Dai
- Jion
- Enpi
- Jitte

Sentei kata - any

KUMITE

- Jiyu Kumite

