



## **International Japan Karate-Do Association Grading syllabus**

**Revision date: 11/7/2021**

**Note:** The grading syllabus has been revised by the Section Heads of the IJKA Technical Committee. It shall be used by all IJKA member countries, under the direction and supervision of Utsumi Takato Sensei, IJKA World Chief Instructor.

**Note:** The 12th Kyu to 10th kyu syllabus is designed for kindergarden students and those with learning difficulties. It may be applied at the discretion of the grading examiner. All other students begin at 9th Kyu.

## 12<sup>th</sup> Kyu

Sonoba-kihon> with count/ 10 times

- \*From Shizentai to Sonoba Tsuki(Chu-dan)
- \*From Heisoku-Dachi to Maegeri
- \*From Shizentai to Age-uke (Alternative)
- \*Sotouke
- \*Gedanbarai

<Ido-kihon> with count/3 times

(From Zenkutsu-dachi Gedan-barai)

- \*Chu-dan Oi tsuki (Forward)
- \*Ageuke (Backward)
- \*Sotouke (Forward)
- \*Gedanbarai(Backward)

## 11<sup>th</sup> Kyu

**Sonoba-kihon> with count/10times**

1. From Shizentai to Sonoba Tsuki(Chu-dan)
2. From Heisoku-Dachi to Maegeri
3. From Shizentai to Chudan Oitsuki Zenkutsu-dachi (left and right)

**Ido-Kihon> with count/ each 3 times**

(From Zenkutsu-dachi Gedan-barai)

1. Chudan-Oi tsuki (Forward)
2. Ageuke (Backward)
3. Sotouke (Forward)
4. Gedan-barai (Backwards)

## 10<sup>th</sup> Kyu

**Sonoba-kihon> with count/10times**

1. From Shizentai to Sonoba Tsuki(Chu-dan)
2. From Heisoku-Dachi to Maegeri
3. From Shizentai to Chudan Oitsuki Zenkutsu-dachi (Right and Left)-each 6 times with count
4. From Shizentai to Gedan-barai Zenkutsu-dachi with Hukushu (Alternate between right and left)

Ido-kihon> with count 3 times each

(From Zenkutsu-dachi Gedan-barai)

1. Chudan Oitsuki (Forward)
2. Age-uke(backward)
3. soto-uke(forward)

4. Gedan-barai(backward)

**KATA: Jho No Kata**

**9<sup>th</sup> Kyu** (White belt).

### **Basic Techniques (Kihon Waza).**

**1. Shizentai, Choku Tsuki Chudan - (10).**

Natural stance, straight punch to stomach. 10 times.

*Check foundation, eye focus (Gansen) and poise/awereness (Zanshin)*

**2. Oi tsuki chudan (3) - Mawate.**

Left downward block, stepping punch to stomach (3 times). Turn.

*Check target and leg movement (Unsoku).*

**3. Age uke Jodan (3) - Mawate.**

Rising head block (3 times). Turn.

*Check leg movements (Unsoku).*

**4. Chudan Soto ude uke (3) - Mawate.**

Outside forearm block to stomach (3 times). Turn.

**5. Chudan Uchi ude uke (3) - Mawate.**

Inside forearm block to stomach (3 times). Turn.

**6. Mae geri Jodan (3) - Mawate.**

Step forward, front snap kick to face level (3 times)

- Keep Poise/awareness (Zanshin). Turn.

**7. Mae geri Chudan (3) - Mawate.**

Step forward, front snap kick to stomach (3 times)

- Keep Poise/awareness (Zanshin). Turn.

### **Sparring Techniques (Kumite Waza).**

**Tanren Kumite.**

Gohon Kumite: Jodan / Chudan / 5 step pre-set sparring, face and stomach punch.

**KATA: Taikyoku Shodan.**

## 8 Kyu (Yellow belt)

### Basic Techniques (Kihon Waza).

**1. Shizentai, Choku Tsuki Chudan, (10).**

Natural stance, straight punch to stomach. 10 times.

*Check foundation, eye focus (Gansen) and poise/awareness (Zanshin).*

**2. Hidari Gedan barai, Oi tsuki chudan (5) - Mawate.**

Left downward block, stepping punch to stomach (5 times). Turn.

*Check target and leg movement (Unsoku).*

**3. Age uke Jodan (5) - Mawate.**

Rising head block (5 times). Turn.

*Check leg movements (Unsoku).*

**4. Chudan Soto ude uke (3) - Mawate.**

Outside forearm block to stomach (3 times). Turn.

**5. Chudan Uchi Ude Uke (5) – Mawate**

Inside forearm block to stomach (5 times) Turn.

**6. Chudan shuto-uke kokutsu-dachi (5) – (forward and backward)**

**7. Mae geri Jodan (5) - Mawate.**

Step forward, front snap kick to face level (5 times)

- Keep Poise/ awareness (Zanshin). Turn.

**8. Mae geri Chudan (5) - Mawate.**

Step forward, front snap kick to stomach (5 times)

- Keep Poise/ awareness (Zanshin). Turn.

**9. Kiba dachi, Yoko geri Kekomi (5).**

Straddle leg stance, side thrust kick (5 times).

### Sparring Techniques (Kumite Waza).

**Tanren Kumite.**

Gohon Kumite: Jodan/Chudan/ Mae geri.

5 step pre-set sparring, face and stomach punch, front snap kick.

**KATA: Heian Shodan.**

## 7 Kyu (Orange belt)

### Basic Techniques (Kihon Waza).

**1. Kiba dachi, Choku tsuki Chudan (10).**

Straddle leg stance, straight punch to stomach. 10 times.

**2. Hidari Gedan barai, Sanbon tsuki (Jodan, Chudan, Chudan) (3).**

Left downward block, trippel punch (face, stomach, stomach) (3 times).

**3. Age uke Jodan (3).**

Rising head block (3 times stepping backwards).

**4. Soto ude uke Chudan, Gyaku tsuki Chudan (5) - Mawate.**

Outside forearm stomach block, reverse punch (5 times). Turn.

**5. Uchi ude uke Chudan, Gyaku tsuki Chudan (5) - Mawate.**

Inside forearm stomach block, reverse punch (5 times). Turn.

**6. Kokutsu dachi, Shuto uke.**

**7. Mae geri Jodan, Oi tsuki Chudan (5) - Mawate.**

Front snap kick - face level, lunge punch - stomach level (5 times). Turn.

**8. Mawashi geri Chudan (5) - Mawate.**

Roundhouse kick - stomach level (5 times). Turn.

**9. Kiba dachi, Yoko geri Kekomi (2) - Mawate, Mo ichi do.**

Straddle leg stance, side thrust kick (2 times). Turn. Repeat.

**10. Kiba dachi, Yoko geri Keage (2) - Mawate, Mo ichi do.**

Straddle leg stance, side snap (2 times). Turn. Repeat.

### Sparring Techniques (Kumite Waza).

**Kumite, Kiba dachi - Yoko. Jodan / Chudan.**

Sparring exercise using side stepping in straddle leg stance.

Face / stomach levels, (line up like Gohon kumite and attack 3 times in zenkutsu dachi, then side step into Kiba dachi and attack, slide step to the other side and attack. Jodan and Chudan as in 5 step). *First 3 attacks the attacker leads the initiative and then the defence take the initiative by stepping sideways in kiba dachi (attacker follows) and after that yori ashi kiba dachi to the other side (attacker follows and after his attack Uke makes his counter attack).*

**KATA: Heian Nidan and Heian Shodan.**

## 6 kyu (Green belt)

### Basic Techniques (Kihon Waza).

**1. Kiba dachi, Sanbon choku tsuki Jodan, Chudan, Chudan (10).**

Straddle leg stance, triple straight punch to  
- face, stomach, stomach levels. 10 times.

**2. Hidari Gedan barai, Sanbon tsuki (3 or 5).**

Left downward block, trippel lunge punch (3 or 5 times).

**3. Age uke Jodan, Gyaku tsuki Chudan (3).**

Step back rising head block, reverse punch (3 times).

**4. Soto ude uke (Zenkutsu dachi), Yoko empi uchi (Kiba dachi) (5).**

Outside forearm stomach block, side elbow strike (5 times).

**5. Uchi ude uke Chudan, Kizami tsuki Jodan, Gyaku tsuki Chudan (5).**

Stepping back, inside forearm stomach block, jabbing punch - face level,  
reverse punch - stomach level (5 times).

*Check Hanmi, shoulder position etc.*

**6. Kokutsu dachi, Shuto uke. Zenkutsu dachi, Nukite uchi (5).**

Back stance - knife hand block, front stance - spearhand strike (5 times).

*Check back leg used for weight shifting.*

**7. Gedan barai, Gyaku tsuki Chudan (5).**

Stepping back downward block, reverse punch stomach level (5 times).

**8. Mae geri, Ren tsuki Jodan, Chudan (5) Mawate.**

Front snap kick, double punch face, stomach levels (5 times). Turn.

*Check hips and hands when kicking - changing hands correctly.*

**9. Mae geri jodan, Mawashi geri Chudan (5) - Mawate.**

Front snap kick - face level, roundhouse kick - stomach level (5 times). Turn. Same from Migi kamae

**10. Yoko geri Keage, Yoko geri Kekomi, Mawashi geri Chudan (3).**

**Mawate Mo ichi do.**

Side snap kick, side thrust kick, roundhouse kick, all stomach level,  
3 times there and back.

### Sparring Techniques (Kumite Waza).

**Sanbon Kumite: Jodan, Chudan, Mae geri (Hidari/ Migi).**

Three step sparring exercise. Face & stomach punches & front snap kick (left & right attacking).

### KATA: Heian Sandan and Heian Nidan

## 5 Kyu (Blue belt)

### Basic Techniques (Kihon Waza).

**1. Kiba dachi, Sanbon choku tsuki Jodan, Chudan, Chudan (10).**

Straddle leg stance, triple straight punch  
- face, stomach, stomach levels. 10 times.

**2. Sanbon tsuki (3) - Jodan, Chudan, Chudan.**

Stepping triple punch (3 times) - face, stomach, stomach.

**3. Age uke, Mae geri. Gyaku tsuki (3).**

Step back rising head block, front snap kick, reverse punch (3 times).

**4. Soto ude uke Chudan, Shuto uchi, Gyaku tsuki (5) – Mawate.**

Outside forearm stomach block, knifehand strike,  
reverse punch (5 times) - Turn.

**5. Uchi ude uke. Gyaku tsuki, Ninon ken Uchi Jodan (5) - Mawate.**

Stepping back, inside forearm stomach block, reverse punch,  
two finger strike to eye level (5 times) -Turn.

**6. Kokutsu dachi, Shuto uke, Kizami Mae geri. Nukite Chudan (5).**

Step back, back stance - knifehand block, front leg Mae geri,  
spearhand strike stomach level (5 times).

*Check hips and timing.*

**7. Mae geri, Mae ren geri (Chudan, Jodan) (3). Mawate.**

**Mo ichi do, Shikashi Jodan, Chudan keru Waza.**

Front snap kick (with back leg), double kick (stomach, face level) (3 times).  
Turn. Same again but face and stomach level.

**8. Yoko geri Keage, Yoko geri Kekomi, Mawashi geri Chudan (3).**

Side snap kick, side thrust kick, roundhouse kick, all stomach level (3 times).

### Sparring Techniques (Kumite Waza).

**Yakusoku Kumite:** Kihon Ippon Kumite (Jodan, Chudan, Mae geri, Yoko geri Kekomi).

Pre-arranged one step basic sparring techniques (face & stomach punches, front snap kick, side thrust kick)

### KATA: Heian Yondan & Heian Sandan.

## 4 Kyu (Blue belt)

### Basic Techniques (Kihon Waza).

**1. Kiba dachi, Sanbon Choku tsuki (Jodan, Chudan, Chudan).**

**Ushiro zenkutsu dachi, Gyaku tsuki Chudan,**

**Kizami nihon Nukite Jodan (3). Mawate.**

Straddle leg stance, triple punch (face, stomach, stomach),  
step back into front stance, reverse punch,  
2 finger strike to eye level (3 times). Turn.

**2. Gedan Barai, Sanbon tsuki, Mae geri, Gyaku tsuki (3). Mawate.**

Downward block, step forward triple punch, same place front snap kick,  
reverse punch (3 times). Turn.

**3. Soto ude uke (Zenkutsu dachi), Yoko empi uchi (Kiba dachi),**

**Uraken uchi, Gyaku tsuki (Zenkutsu dachi) (3).**

Outside forearm stomach block (front stance),  
side elbow strike (straddle leg stance), back knuckle strike,  
reverse punch (front stance) (3 times).  
Check use of back leg & Hips.

**4. Gedan barai, Uchi ude uke, Mawashi geri, Gyaku tsuki (3).**

Step back downward block, inside forearm block, roundhouse kick,  
reverse punch (3 times).

**5. Shuto uke, Yoko geri Kekomi, Gyaku tsuki Chudan (3). Mawate.**

Knifehand block (Keep hand), side thrust kick, reverse punch. Turn.  
*Check push & kick.*

**6. Hidari Gedan barai, Mae geri Chudan/ Jodan,**

**Jodan/Chudan tsuki (3) - Mawate.**

Left downward block, front snap kick stomach/ head level,  
face/ stomach level punch (3 times) – Turn

**7. Kiba dachi, Yoko geri Keage & Yoko geri Kekomi (3).**

Straddle leg stance, side snap kick & side thrust kick (3 times).

### Sparring Techniques (Kumite Waza).

**Yakusoku Kumite:** Kihon ipcon Kumite (Jodan, Chudan, Mae geri, Yoko geri Kekomi &  
mawashi-geri). (**Hidari/ Migi**)

Pre-arranged one step basic sparring techniques (face & stomach punches, front snap kick, side  
thrust kick & roundhouse kick). (left & right attacking).

### **KATA: Heian Godan & Heian Yondan.**



### 3 Kyu (Brown belt)

#### Basic Techniques (Kihon Waza).

**1. Kiba dachi, Sanbon tsuki (Jodan/Chudan/Chudan) Yori ashi, Empi uchi (Hidari&Migi) (5).**

Straddle leg stance, tripple punch (face/stomach/stomach)  
slide elbow strike (Left & right) (5 times).

*Check solid stance, no up & down movements, look at target (Gansen).*

**2. Jiyu dachi, Kizami tsuki Jodan, Ren tsuki (5) - Mawate.**

Freestyle stance, jabbing punch, stepping double punch (5 times) - Turn.  
*Check no snapping the jabbing punch or pulling the reverse punch, also check hip usage & hand technique.*

**3. Zenkutsu dachi. Soto ude uke Chudan, Gyaku Chudan Mawashi Empi uchi, (Jodan Tate Empi uchi), (Kiba dachi), Yoko Empi uchi (5) - Mawate.**

Front stance, outside forearm block, reverse roundhouse elbow strike, vertical elbow strike to face, straddle stance, side elbow strike (5 times) - Turn.

**4. Uchi ude uke Chudan. Gyaku uchi ude uke Chudan, Kizami tsuki Jodan (5) - Mawate.**

Inside forearm block, reverse inside forearm block, jabbing punch to face level (5 times) -Turn.

*Check no front foot pull back. If foot pulls back = temporary grade!  
In reverse inside forearm block, student must use back leg a lot.*

**5. Kokutsu dachi Shuto uke, Zenkutsu dachi Gedan barai, Gyaku tsuki (5) - Mawate.**

Back stance, knifehand block, front stance, downward block, reverse punch (5 times) - Turn.

*Check: Don't move the front foot, use hips correctly and timing.*

**6. Zenkutsu dachi Gedan-barai, Nekoashi dachi uchi-uke, Zenkutsu dachi Gyaku tsuki chudan (forward)**

**7. Hidari Gedan barai, Mae geri Jodan, Yoko geri Kekomi Chudan, Gyaku tsuki Chudan (3)**

Downward block, front snap kick to face level.

side thrust kick to stomach level, reverse punch (3 times up & back)

**8. Yoko geri Keage, Mawashi geri Chudan, Kiba dachi (3) - Mawate.**

Side snap kick, roundhouse kick to stomach level, land in straddle leg stance (3 times) - Turn.

*Check for usage of hips, side snap kick & roundhouse kick are very similar, but difference must be demonstrated*

## **Sparring Techniques (Kumite Waza).**

### **Yaksoku Jiyu Kumite:**

Jiyu Ippon Kumite (Jodan, Chudan, Mae geri, kekomi, mawashi-geri). Pre-arranged one-step semi-free sparring techniques – face, stomach level punches, front snap kick (left & right).

### **KATA: Tekki Shodan & Heian Godan.**

## **2 Kyu (Brown belt)**

### **Basic Techniques (Kihon Waza).**

#### **1. Kiba dachi, sanbon tsuki, Yori Ashi, Choku tsuki. Yori ashi, Choku tsuki (5) (Hidari & Migi).**

Straddle leg stance, triple punch, sliding stance, square punch, sliding stance (back), Square punch (5 times left & right sides).

*Check if student is looking to target (Gansen).*

#### **2. Jiyu dachi, Gyaku tsuki Chudan, Kizami tsuki Jodan, Oi tsuki Chudan, Age uke Jodan, Kizami Mae geri, Gedan barai, Gyaku tsuki Chudan (3) - Mawate.**

Freestyle stance, reverse punch to stomach level, same place jabbing punch to face level, stepping punch to stomach level  
step back rising head block, front leg snap kick, downward block, reverse punch (3 times) - Turn.

*Check body position & hip usage.*

#### **3. Soto ude uke, Shuto uchi, Chudan Mawashi empi, Shuto uchi, Jun tsuki (3) - Turn.**

Outside forearm block, same hand knifehand strike, roundhouse elbow strike to stomach level, same hand knifehand strike,  
lunge punch (Body square) (3 times) - Turn

*Check usage of hips in all techniques.*

#### **4. Gedan barai, Uchi ude uke. Shuto uke, Gedan barai. Gyaku tsuki, Mawate to mo ichi do (3).**

Downward block, step forward inside forearm block,  
step back knifehand block, forwards downward block, reverse punch on

the spot. Turn. Repeat 3 times.

*Check form/weight shifting/ groin & hips & angle shifting from stance to stance.*

**5. Maegeri, Mawashi geri, Gyaku tsuki Chudan (3) - Mawate.**

**To Mo ichi Do (3).**

Front snap kick, roundhouse kick, reverse punch (3 times) - Turn. Repeat.

*Check timing & hips.*

**6. Yoko geri Kekomi, Mae geri, Oi tsuki (3) - Mawate.**

**To Mo ichi Do (3).**

*Side thrust kick, front snap kick, land lunge punch (3 turns & repeat).*

*Check hips again = body & back leg push, also timing.*

**Sparring Techniques (Kumite Waza).**

**Yakusoku Jiyu Kumite:**

Jiyu Ippon Kumite.

Pre-arranged one step semi-free sparring techniques (Jodan, Chudan tsuki, Mae geri. Yoko geri Kekomi, Mawashi geri, (Hidari/ Migi)

Face, stomach level punches, front snap kick, side thrust kick, roundhouse kick (left & right).

**Okuri Jiyu Ippon Kumite.**

Attack forward & opponent blocks with a counter attack.

Then the other person does same attack while opponent blocks with counter attack.

**KATA: Bassai-dai & Tekki Shodan.**

## 1 Kyu: (Brown belt)

### Basic Techniques (Kihon Waza).

#### 1. Shi-Ho Gyaku tsuki (2 x 8 Tsuki).

Four directional reverse punches (2 x 8).

*Check that hips move the body - not the foot followed by hip!*

#### 2. Jiyu dachi, Kizami tsuki Jodan, Uraken uchi Jodan, Tettsui uchi, Gyaku tsuki Chudan.

Freestyle stance, jabbing punch (hips back), step forward back knuckle strike (hips snap back to front), hammer fist strike (hips back), reverse punch, (last 3 techniques on the spot. After back knuckle, body moves to parallel position, then hammer fist strike is delivered in half front facing position before returning to parallel position for reverse punch.

#### 3. Age uke. Kizami Mae geri, Gyaku tsuki, Mae geri, Kizami tsuki (3) - Mawate.

Step back rising head block, front leg snap kick, reverse punch, back leg front snap kick, jabbing punch (3 times) - Turn.

#### 4. Gedan barai, Soto ude uke, Mawashi empi uchi Chudan, Tate empi uchi Jodan, Yoko empi uchi (Kiba dachi), Otshi empi uchi (Fudo dachi).

Downward block, outside forearm block, roundhouse elbow strike to stomach level, vertical elbow strike to face level, side elbow strike in straddle leg stance, downward elbow strike delivered in rooted stance.

#### 5. Gedan barai, Nekoashi dachi Uchi uke, Ura tsuki, Gyaku tsuki.

First 3 techniques with same hand.

#### 6. Kokutsu dachi, Shuto uke, Kizami Mae geri, Mae geri, Gyaku tsuki.

Step forward back stance, knifehand block, front leg snap kick, back leg snap kick, reverse punch.

#### 7. Mae geri, Yoko geri Kekomi, Mawashi geri (3).

Front snap kick, side thrust kick, roundhouse kick (3 times).

#### 8. Yoko geri Keage, Ushiro geri (Kiba dachi).

Side snap kick, spinning back thrust kick landing in straddle leg stance (keep hip & body back from spinning back thrust kick then turn On point of landing.

*Distinguish clearly between side kick & back kick).*

## **Sparring Techniques (Kumite Waza).**

### **Hyoteki Kumite Waza:**

Jodan /Chudan tsuki, Sundome No kime Waza (5 Hidari & Migi).

Target training, head & stomach level punches, stepping in with control 6 focussed technique. (5 left & right). *Poor control, focus or finishing techniques = fail.*

### **Jiyu Ippon Kumite:**

Jodan/Chudan, Mae geri. Yoko geri Kekomi, Mawashi geri, Ushiro geri (Hidari & Migi).

Pre-arranged 1 step semi-free sparring techniques face/ stomach level punches, front snap kick, side thrust kick, roundhouse kick, spinning back thrust kick (left & right).

### **KATA: Jion & Bassai-dai.**

## Shodan (Black belt)

### Basic Techniques (Kihon Waza).

#### 1. Shi-Ho Gyaku tsuki Chudan.

4 directional reverse punch.

#### 2. Heisoku dachi, Gyaku tsuki Chudan (Zenkutsu dachi), Kotai, Gyaku tsuki Chudan, Heisoku dachi, Hidari Ni Suzukete, Heisoku dachi, Migi Ni Suzukete, Heisoku dachi, Ushiro Ni Suzukete, Shomen Heisoku dachi, Hantai Ushiro Ni Suzukete, Shomen Heisoku dachi.

Informal attention stance (feet together), step forward with left leg reverse punch, back to starting point, change legs & punch with opposite hand, back to original point, step to left side with reverse punch, return to original position, step to right side with reverse punch, return to original position, step to rear (left foot) & (right) reverse punch. Return to original position, step to rear on opposite leg and reverse punch, return to original position (3 starting with each foot).

*Check footwork (Unsoku), hip usage, also heel point when pivoting.*

#### 3. Hidari Gedan barai, Age uke Jodan, Gyaku tsuki Chudan, Kiba dachi, Yoko empi uchi. Kokutsu dachi, Shuto uke, Zenkutsu dachi, Gyaku tsuki Chudan (3) - Mawate.

Left downward block, step forward rising head block, reverse punch, on the spot change to straddle leg stance while executing side elbow strike, then change to back stance while executing knife hand block, then shift to front stance delivering reverse punch to stomach level (3 starting left & 3 right) - Turn.

*Check hip usage & heel point, good stances - all same height & length.*

*Body movement must not be up & down, weight shift & foot movements.*

#### 4. Gedan barai, Mae geri, Mawashi geri, Ushiro geri (Zenkutsu dachi) (2). Mawate.

Downward block, front snap kick, roundhouse kick spinning back thrust kick landing in front stance (2 up & back) Turn.

#### 5. Kiba dachi, Yoko geri Keage, Yoko geri Kekomi (2) - Mawate.

Straddle leg stance, side snap kick, side thrust kick (changing legs with each kick) (2 up & back).

#### 6. Zenkutsu dachi Gamae. Mae geri. Yoko geri Kekomi, Ushiro geri. On the spot, front snap kick, side kick, back kick,

(3 each leg).

## **Sparring Techniques (Kumite Waza).**

### **Hyoteki Kumite Waza:**

Target training.

**Tori: - Jodan Oi tsuki.**

**Uke: - Chudan Oi tsuki. Yori ashi Gyaku tsuki. 45° Hanbun Gyaku tsuki (3 Hidari & Migi).**

Attacker delivers stepping punch to face level throughout.

Defender delivers stepping punch to stomach level, break, slide reverse punch, step back Break 45°, half step in reverse punch (3 times both left & right sides).

*Check distance (Maai), control, focus, finishing technique, timing.*

### **Jiyu Ippon Kumite:**

Semi free 1 step pre-arranged sparring.

**Jodan/Chudan tsuki, Mae geri. Yoko geri Kekomi.**

**Mawashi geri, Ushiro geri (Hidari & Migi).**

Face/ stomach level punches, front snap kick, side thrust kick, roundhouse kick, spinning back thrust kick (left & right).

## **Formal Exercise (Kata).**

(1). Free choice from: Bassai-dai, Jion, Enpi, or Kanku-dai

&

(2). Compulsory: Junro Shodan

&

(3) Examiner chooses one kata from: Heian 1-5 – Tekki Shodan.

# Nidan

## Basic Techniques (Kihon Waza).

### 1. **Gedan barai, Oi tsuki Chudan, Heisoku dachi, Hantai Oi tsuki, Kizami tsuki Jodan, Heisoku dachi, Hantai Kizami tsuki Jodan (3).**

Downward block, on the spot stepping punch to stomach level, half step back step forward opposite leg and punch to stomach level again. Step fully back a deliver jabbing punch to face level, half step forward then step back & deliver jabbing punch to face level with opposite side (3 times).

*Check stepping technique (Unsoku) and hip rotation.*

### 2. **Zenkutsu dachi, Tate empi uchi Jodan, Motto dachi, Ushiro Mawashi empi uchi, Zenkutsu dachi Mawashi empi uchi, Kiba dachi, Yoko empi uchi (2) - Mawate.**

Using the same hand throughout sequence - all elbow techniques. Step forward vertical elbow strike to face level in front stance, deliver back roundhouse elbow strike in short stance (take care to move back leg & not front leg pulling back). Roundhouse elbow strike in front stance, side elbow strike in straddle stance (2 times up & back)-Turn.

*Check all stances, distance & form of technique.*

### 3. **Age uke Jodan (Hanmi), Sochin uke (age uke, Gedan uke-tsuki Fudo dachi), Uchi ude uke, Hangetsu dachi.**

Step forward rising head block in half facing front stance, change to simultaneous rising block & downward block-strike in rooted stance. Inside forearm block in half moon stance (3 times up & back).

*Check all stances & hip movements. Only Shotokan has rooted stance (Fudo/ Sochin dachi) so it must be performed correctly.*

### 4. **Mae geri. Yoko geri Kekomi. Mawashi geri. Usliiro geri. Zenkutsu datchi, Gyaku tsuki.**

Step forward front snap tick, side thrust kick, round house kick, spinning back thrust kick. Landing in front stance while delivering a reverse punch (all targets must be the same, face or stomach level, but no variation from one to the other throughout the set of techniques).

### 5. **Gedan barai Mae geri, Yoko geri, Ushiro geri, Mawashi geri (3).**

Downward block, on the spot kicking front snap kick, side kick, back kick. roundhouse kick (each leg 3 times).

*Check balance, snap & extension, finishing technique, also hip & knee usage.*



## **Sparring Techniques (Kumite Waza).**

### **Jiyu Ippon Kumite:**

Semi-free sparring (not pre-arranged or announced)

Only make 1 attack each time, don't announce area or weapon of attack.

Left & right side must be used, 3 attacks per person.

Choose from face/ stomach punches, front snap kick, side thrust kick, roundhouse kick, spinning back thrust kick (Jodan, Chudan, Mae geri, Yoko geri Kekomi, Mawashi geri, Ushiro geri).

*Student must not attack or defend with same side constantly.*

**Jiyu Kumite:** Free fighting

### **KATA:**

(1). Free choice from: Bassai-dai, Jion, Enpi, Kanku-dai, Hangetsu, Tekki nidan, Bassai Sho, Kanku Sho, Nijushiho, Jitte

&

(2). Compulsory: Junro Nidan

&

(3) Examiner chooses one kata from (Bassai-dai, Jion, Enpi, Kanku-dai, Hangetsu, Heian 1-5, Tekki shodan and Junro shodan.

# Sandan

## Basic Techniques (Kihon Waza).

### 1. **Gedan barai, Heisoku dachi, Kizami tsuki Jodan, Gyaku tsuki Chudan, Jun tsuki (4 Hidari & Migi).**

Downward block, feet together-step back jabbing punch to face level, reverse punch to stomach level, lunge punch, 2nd & 3rd techniques performed on the spot, then the same routine is performed stepping forward - this is 1 complete routine

*(3 punches done 4 times left & right. Back & change/ forward & change.*

*Check for use of hips, open & square (Hanmi & Shomen). also snap of hips).*

### 2. **Oi tsuki (Shomen), Sanbon tsuki (Shomen, Jodan/ Chudan/ Chudan).**

Stepping punch (hips square), step triple punch (hips square, face/ stomach/ stomach)

*Change to opposite side on way back.*

### 3. **Gedan barai, Zenkutsu dachi, Tate empi uchi Jodan, Mawashi empi uchi, Kiba dachi, Yoko empi uchi, Kyo dachi, Ushiro empi uchi, Zenkutsu dachi Gyaku Mae empi uchi, Fudo dachi, Otoshi empi uchi (3).**

Downward block, step forward vertical empi strike to face level in front stance followed by roundhouse elbow on the spot, side elbow strike in straddle stance, back elbow strike in short stance, turn reverse front elbow strike in front stance, then finish with dropping elbow strike in rooted stance (3 times each direction).

### 4. **Gyaku tsuki (Unsu) Waza. - Hidari, Ushiro, Hidari, Ushiro.**

Reverse punch sequence from "Unsu". - Left, back, left, back (use double hip movement - opposite hand move then punch).

### 5. **Gedan barai. Age uke (Hanmi - Zenkutsu dachi), sochin uke (Age uke, Gedan uke-tsuki in Fudo dachi), Hangetsu dachi, Uchi ude uke, Sanchin dachi (Niju Shiho), Neko Ashi dachi. Tora Guchi Kamae (2) - Mawate.**

Downward block, rising head block in half facing front stance, simultaneous rising head block, groin block - strike in rooted stance, inside block in half moon stance, double palm strike in hourglass stance, tiger mouth in cat stance (twice up & back).

### 6. **Mae geri, Yoko gen Kekomi (Shomen), Ushiro geri Kekomi (3).**

On the spot front snap kick, side thrust kick (to the front), spin back kick to the front again (starting position), 3 each leg.

**7. Kiba dachi. Yoko geri Keage, Yoko geri Kekomi/Mawashi geri.**

Straddle leg stance, side stepping into side snap kick, same leg.  
side thrust kick/roundhouse kick, landing in straddle leg stance  
(3 times up & back).

**Sparring Techniques (Kumite Waza).**

**Jiyu Ippon Kumite:**

Semi-free sparring (no weapons or targets to be announced by attacker).

Choose from face/ stomach punches, front snap kick, side thrust kick,  
roundhouse kick, spinning back thrust kick (Jodan, Chudan. Mae geri,  
Yoko geri Kekomi, Mawashi geri, Ushiro geri).

*One attack only using both sides to attack & defend.*

**Jiyu Kumite:** Free fighting

**KATA:**

(1). Any free choice kata (Shotokan or Asai)

&

(2). Compulsory: Junro Sandan

&

(3) Compulsory: Examiner chooses one kata from (Bassai-dai, Jion, Enpi, Kanku-dai, Hangetsu, Tekki nidan, Bassai Sho, Kanku Sho, Nijushiho, Jitte, Junro shodan and Junro nidan).