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# Senior Grading Syllabus



# Red Belt (9<sup>th</sup> Kyu)

## Stances:

- Informal attention stance 1 (**Heisoku-Dachi**)
- Informal attention stance 2 (**Musubi-Dachi**)
- Parallel open stance (**Heiko-Dachi**)
- Open leg stance (**Hachiji-Dachi**)
- Horse stance (**Kiba-Dachi**)
- Modified horse stance (**Shiko-Dachi**)
- Forward stance (**Zenkutsu-Dachi**)
- Back stance (**Kokutsu-Dachi**)
- Cat stance (**Neko-Ashi-Dachi**)
- Hour glass stance (**Sanchin-Dachi**)

## Strikes:

- Upper thrusting punch (**Jodan-Tsuki**)
- Middle thrusting punch (**Chudan-Tsuki**)
- Lower thrusting punch (**Gedan-Tsuki**)

## Blocks:

- Upper rising block (**Jodan-Age-Uke**)
- Middle outer block (**Chudan-Soto-Uke**)
- Middle forearm block (**Chudan-Ude-Uke**)
- Downward sweeping block (**Gedan-Barai**)

## Kicks:

- Middle front kick (**Chudan-Mae-Geri**)
- Major outer heel stamp kick (**Osoto-Kakato-Fumi-Komi**)

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# Yellow Belt (8<sup>th</sup> Kyu)

## Stances:

- Informal attention stance 1 (**Heisoku-Dachi**)
- Informal attention stance 2 (**Musubi-Dachi**)
- Parallel open stance (**Heiko-Dachi**)
- Open leg stance (**Hachiji-Dachi**)
- Horse stance (**Kiba-Dachi**)
- Modified horse stance (**Shiko-Dachi**)
- Forward stance (**Zenkutsu-Dachi**)
- Back stance (**Kokutsu-Dachi**)
- Cat stance (**Neko-Ashi-Dachi**)
- Hour glass stance (**Sanchin-Dachi**)

## Strikes:

- Upper thrusting punch (**Jodan-Tsuki**)
- Middle thrusting punch (**Chudan-Tsuki**)
- Lower thrusting punch (**Gedan-Tsuki**)

## Blocks:

- Upper rising block (**Jodan-Age-Uke**)
- Middle outer block (**Chudan-Soto-Uke**)
- Middle forearm block (**Chudan-Ude-Uke**)
- Downward sweeping block (**Gedan-Barai**)

## Kicks:

- Middle front kick (**Chudan-Mae-Geri**)
- Major outer heel stamp kick (**Osoto-Kakato-Fumi-Komi**)
- Back Kick (**Ushiro-Geri**)

## Kata & applications (Bunkai):

- First kata **Gekisai-di-ichi**

## Diverse

- Basic three-step combination (**San-dan-gi**)

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# Orange Belt (7<sup>th</sup> Kyu)

## Moving in stances:

- Modified horse stance (**Shiko-Dachi**)
- Forward stance (**Zenkutsu-Dachi**)
- Cat stance (**Neko-Ashi-Dachi**)
- Hour glass stance (**Sanchin-Dachi**)

## Strikes:

- Upper thrusting punch (**Jodan-Tsuki**)
- Middle thrusting punch (**Chudan-Tsuki**)
- Lower thrusting punch (**Gedan-Tsuki**)
- Lunge punch (**Oi-Tsuki**)
- Reverse punch (**Gyaku-Tsuki**)

## Blocks:

- Upper rising block (**Jodan-Age-Uke**)
- Middle outer block (**Chudan-Soto-Uke**)
- Middle forearm block (**Chudan-Ude-Uke**)
- Downward sweeping block (**Gedan-Barai**)

## Kicks:

- Jumping middle front kick (**Tobi-Chudan-Mae-Geri**)
- Major outer heel stamp kick (**Osoto-Kakato-Fumi-Komi**)
- Back Kick (**Ushiro-Geri**)
- Side Kick (**Yoko-Geri**)

## Kata & applications (Bunkai):

- First kata **Gekisai-di-ichi**)
- Second Kata (**Sanchin**)

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)

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# Green Belt (6<sup>th</sup> Kyu)

## Moving in stances & combinations:

- Modified horse stance & downward sweeping block (**Shiko-Dachi & Gedan-Barai**)
- Forward stance & lunge punch (**Zenkutsu-Dachi & Oi-Tsuki**)
- Cat stance & front Kick (**Neko-Ashi-Dachi & Mae-Geri**)
- Cat stance & outer block (**Neko-Ashi-Dachi & Soto-Uke**)
- Hour glass stance & lunge punch (**Sanchin-Dachi & Oi-Tsuki**)
- Hour glass stance & Middle forearm block (**Sanchin-Dachi & Chudan-Ude-Uke**)

## Strikes:

- Upper thrusting punch (**Jodan-Tsuki**)
- Middle thrusting punch (**Chudan-Tsuki**)
- Lower thrusting punch (**Gedan-Tsuki**)
- Lunge punch (**Oi-Tsuki**)
- Reverse punch (**Gyaku-Tsuki**)

## Blocks:

- Upper rising block (**Jodan-Age-Uke**)
- Middle outer block (**Chudan-Soto-Uke**)
- Middle forearm block (**Chudan-Ude-Uke**)
- Downward sweeping block (**Gedan-Barai**)

## Kicks:

- Roundhouse kick (**Mawashi-Geri**)
- Back Kick (**Ushiro-Geri**)
- Side Kick (**Yoko-Geri**)

## Kata & applications (Bunkai):

- Second Kata (**Sanchin**)
- Third Kata (**Gekisai-di-ni**)

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Three techniques of own making (**Yakusoku-Kumite**)
- Basic free-sparring (**Jiyu-Kumite**)

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# Blue Belt (5<sup>th</sup> Kyu)

## Moving in stances:

- Forward stance & front kick (**Zenkutsu-Dachi & Mae-Geri**)
- Forward stance & roundhouse kick (**Zenkutsu-Dachi & Mawashi-Geri**)
- Forward stance side kick (**Zenkutsu-Dachi & Yoko-Geri**)

## Strikes:

- Elbow techniques (**Empi-Waza**)
- Back-fist techniques (**Uraken-Waza**)

## Combinations:

- Modified horse stance & downward sweeping block (**Shiko-Dachi & Gedan-Barai**)
- Forward Stance & reverse punch (**Zenkutsu-Dachi & Gyaku-Tsuki**)
- Back stance & lower knife-hand block (**Kokutsu-Dachi & Gedan-Shuto-Uke**)
- Forward Stance & reverse punch (**Zenkutsu-Dachi & Gyaku-Tsuki**)

## Blocks:

- Open-handed upper rising block (**Jodan-Age-Uke**)
- Open-handed middle outer block (**Chudan-Soto-Uke**)
- Open-handed middle forearm block (**Chudan-Ude-Uke**)
- Open-handed downward sweeping block (**Gedan-Barai**)

## Kicks:

- Crescent kick (**Mikazuki-Geri**)

## Kata & applications (Bunkai):

- Second Kata (**Sanchin**)
- Third Kata (**Gekisai-di-ni**)
- Forth Kata (**Saifa**)
- One given

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Three techniques of own making (**Yakusoku-Kumite**)
- Basic free-sparring (**Jiyu-Kumite**)

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# Purple Belt (4<sup>th</sup> Kyu)

## Moving in stances:

- Forward stance & front kick (**Zenkutsu-Dachi & Mae-Geri**)
- Forward stance & roundhouse kick (**Zenkutsu-Dachi & Mawashi-Geri**)
- Forward stance side kick (**Zenkutsu-Dachi & Yoko-Geri**)

## Strikes:

- Elbow techniques (**Empi-Waza**)
- Back-fist techniques (**Uraken-Waza**)

## Combinations:

- Forward stance & front kick (**Zenkutsu-Dachi & Mae-Geri**)
- Modified horse stance & downward sweeping block (**Shiko-Dachi & Gedan-Barai**)
- Forward stance & reverse punch (**Zenkutsu-Dachi & Gyaku-Tsuki**)
- Back stance & lower knife-hand block (**Shiko-Dachi & Gedan-Shuto-Uke**)
- Cat stance & outer block (**Neko-Ashi-Dachi & Soto-Uke**)
- Cat stance & front kick (**Neko-Ashi-Dachi & Mae-Geri**)
- Forward stance & reverse punch (**Zenkutsu-Dachi & Gyaku-Tsuki**)

## Blocks:

- Open-handed upper rising block (**Jodan-Age-Uke**)
- Open-handed middle outer block (**Chudan-Soto-Uke**)
- Open-handed middle forearm block (**Chudan-Ude-Uke**)
- Open-handed downward sweeping block (**Gedan-Barai**)

## Kata & applications (Bunkai):

- Second Kata (**Sanchin**)
- Fifth Kata (**Seiyunchin**)
- Forth Kata (**Saifa**)
- One given

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Basic free-sparring (**Jiyu-Kumite**)
- Three techniques of own making (**Yakusoku-Kumite**) demonstrated in pairs and as kata

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# Brown Belt (3<sup>rd</sup> Kyu)

## Moving in stances:

- Forward stance, front kick & lunge punch (**Zenkutsu-Dachi, Mae-Geri & Oi-Tsuki**)
- Forward stance & roundhouse kick (**Zenkutsu-Dachi & Mawashi-Geri**)
- Forward stance, side kick & reverse punch (**Zenkutsu-Dachi, Yoko-Geri & Gyaku Tsuki**)

## Strikes:

- Rising punch (**Age-Tsuki**)
- Round cross punch (**Mawashi-Tsuki**)

## Blocks:

- Tensho blocks (**Tensho-Uke-Waza**)

## Kicks:

- Hook kick (**Ushiro -Mawashi-Geri**)
- Minor heel stamp kick (**Ouchi-Kakato-Fumikomi**)

## Kata & applications (Bunkai):

- Second Kata (**Sanchin**)
- Fifth Kata (**Seiyunchin**)
- Sixth Kata (**Shisochin**)
- One given

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Modified first kata in pairs (**Gekisai-di-ichi-Kumite**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Basic free-sparring (**Jiyu-Kumite**)
- Three techniques of own making (**Yakusoku-Kumite**) demonstrated in pairs and as kata

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# Brown Belt (2<sup>nd</sup> Kyu) (1-Stripe)

## Moving in stances:

- Forward stance, front kick & lunge punch (**Zenkutsu-Dachi, Mae-Geri & Oi-Tsuki**)
- Forward stance & roundhouse kick (**Zenkutsu-Dachi & Mawashi-Geri**)
- Forward stance, side kick & reverse punch (**Zenkutsu-Dachi, Yoko-Geri & Gyaku Tsuki**)

## Strikes:

- Rising punch (**Age-Tsuki**)
- Round cross punch (**Mawashi-Tsuki**)

## Blocks:

- Tensho blocks (**Tensho-Uke-Waza**)

## Kicks:

- Hook kick (**Ushiro -Mawashi-Geri**)
- Minor heel stamp kick (**Ouchi-Kakato-Fumikomi**)
- Jumping crescent kick (**Tobi-Mikazuki-Geri**)

## Kata & applications (Bunkai):

- Second Kata (**Sanchin**)
- Seventh Kata (**Sanseiru**)
- Sixth Kata (**Shisochin**)
- Two given

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Modified first kata in pairs (**Gekisai-di-ichi-Kumite**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Basic free-sparring (**Jiyu-Kumite**)
- Three techniques of own making (**Yakusoku-Kumite**) demonstrated in pairs and as kata

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# Brown Belt (1<sup>st</sup> Kyu) (2-Stripes)

## Prerequisites:

- As per 2<sup>nd</sup> Kyu

## Kata & applications (Bunkai):

- Eighth Kata (**Seipai**)
- Seventh Kata (**Sanseiru**)
- Sixth Kata (**Shisochin**)
- Fifth Kata (**Seiyunchin**)
- Forth Kata (**Saifa**)
- Third Kata (**Gekisai-di-ni**)
- Second Kata (**Sanchin**)
- First Kata (**Gekisai-di-ichi**)

## Sparring

- Basic three-step combination in pairs with open handed blocks (**San-dan-gi**)
- Modified first kata in pairs (**Gekisai-di-ichi-Kumite**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Three techniques of own making (**Yakusoku-Kumite**)
- Basic free-sparring (**Jiyu-Kumite**)

# Black Belt (1<sup>st</sup> Dan)

## Prerequisites:

- Minimum Age of 14 Years

## Kata & applications (Bunkai):

- Eighth Kata (**Seipai**)
- Seventh Kata (**Sanseiru**)
- Sixth Kata (**Shisochin**)
- Fifth Kata (**Seiyunchin**)
- Forth Kata (**Saifa**)
- Third Kata (**Gekisai-di-ni**)
- Second Kata (**Sanchin**)
- First Kata (**Gekisai-di-ichi**)

## Sparring

- Basic three-step combination in pairs (**San-dan-gi**)
- Modified first kata in pairs (**Gekisai-di-ichi-Kumite**)
- Ichikawa's sparring sets (**Ichikawa-Kumite-Waza**)
- Basic free-sparring (**Jiyu-Kumite**)
- Three techniques of own making (**Yakusoku-Kumite**) demonstrated in pairs and as kata

# Black Belt (2<sup>nd</sup> Dan)

## Prerequisites:

- A minimum of two years training since last grade unless exception circumstances prevail
- Minimum Age of 18 Years

## Kata & applications (Bunkai):

- Tenth Kata (**Tensho**)
- Ninth Kata (**Sanchin-di-ni**)
- Eighth Kata (**Seipai**)
- Seventh Kata (**Sanseiru**)
- Sixth Kata (**Shisochin**)
- Fifth Kata (**Seiyunchin**)
- Forth Kata (**Saifa**)
- Third Kata (**Gekisai-di-ni**)
- Second Kata (**Sanchin**)
- First Kata (**Gekisai-di-ichi**)

# Black Belt (3<sup>rd</sup> Dan)

## Prerequisites:

- A minimum of three years training since last grade unless exceptional circumstances prevail
- Minimum Age of 21 Years

## Kata & applications (Bunkai):

- Thirteenth Kata (**Suparinpe**)
- Twelfth Kata (**Seisan**)
- Eleventh Kata (**Kururunfa**)
- Tenth Kata (**Tensho**)
- Ninth Kata (**Sanchin-di-ni**)
- One kata of own choosing

# Black Belt (4<sup>th</sup> Dan and above)

## 4<sup>th</sup> Dan

### Prerequisites:

- A minimum of four years training since last grade

### Kata & applications (Bunkai):

- Thirteenth Kata (**Suparinpe**)
- Twelfth Kata (**Seisan**)
- Three kata of own choosing

## 5<sup>th</sup> Dan and above

### Prerequisites:

- Number of years since last grading must be at least the grade number attempted, e.g.:  
5<sup>th</sup> Dan – 5-years, 6<sup>th</sup> Dan – 6-years etc

### Grading panel:

- The person grading may select own grading panel – the grading panel must be made up of one person they consider a peer (in terms of knowledge and skill)...the remaining two can consist of own students, or external karateka of 2<sup>nd</sup> Dan grade or above.

### Kata & applications (Bunkai):

- Five kata of own choosing performed as you wish (including any modifications you deem interesting)