



## DAN GRADING SYLLABUS

### 1<sup>st</sup> KYU to SHODAN

**KIHON:** ALL FROM JIYU KAMAE      EACH THREE TIMES      → = FORWARD   ← BACK

1. SANBON ZUKI: JUN ZUKI - JODAN, CHUDAN, CHUDAN → ←
2. AGE UKE, SOTO UKE, GEDAN BARAI, GYAKU ZUKI CHUDAN → ←
3. UCHI UKE, KIZAMI ZUKI, MAE GERI JODAN, STEP BACK GYAKU ZUKI CHUDAN → ←
4. MAE GERI, JODAN ZUKI, GYAKU ZUKI CHUDAN →
5. MAWASHI GERI. OI ZUKI JODAN, GYAKU ZUKI CHUDAN →
6. YOKO GERI KEAGE JODAN, YOKO GERI KEKOMI CHUDAN – SAME LEG, FROM KIBA DACKI →
7. MAE GERI CHUDAN, YOKO GERI CHUDAN (TO FRONT), MAWASHI GERI JODAN, USHIRO GERI CHUDAN, GYAKU ZUKI CHUDAN →

KATA:

SENTEI - STUDENT'S CHOICE: BASSAI DAI, KANKU DAI, ENPI, JION

SHITEI - EXAMINER'S CHOICE: HEIAN SHODAN, HEIAN NIDAN, HEIAN SANDAN, HEIAN YONDAN, HEIAN GODAN, TEKKI SHODAN

KUMITE: JIYU KUMITE: SHOBU IPPON - ONE CONTEST

### SHODAN to NIDAN

**KIHON:** ALL FROM JIYU KAMAE      EACH THREE TIMES      → = FORWARD   ← BACK

1. GYAKU ZUKI: SANBON ZUKI – CHUDAN, JODAN, CHUDAN → ←
2. AGE UKE, SOTO UKE, GEDAN BARAI, GYAKU ZUKI CHUDAN → ←
3. UCHI UKE, KIZAMI ZUKI, MAE GERI, STEP BACK GYAKU ZUKI CHUDAN → ←
4. MAE GERI, OI ZUKI CHUDAN, STEP BACK GEDAN BARAI, GYAKU ZUKI CHUDAN →
5. MAWASHI GERI, OI ZUKI CHUDAN, STEP BACK UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI CHUDAN →
6. MAE GERI JODAN, YOKO GERI CHUDAN (TO FRONT), MAWASHI GERI JODAN, USHIRO GERI CHUDAN, URAKEN, GYAKU ZUKI CHUDAN →
7. MAE GERI JODAN, YOKO GERI KEKOMI CHUDAN (TO SIDE) USHIRO GERI CHUDAN, SAME LEG, STEP BACK → HIDARI/MIGI

KATA:

SENTEI – JITTE, HANGETSU, TEKKI NIDAN, BASSAI-SHO, GANKAKU, KANKU-SHO

SHITEI – BASSAI DAI, KANKU DAI, ENPI, JION

KUMITE: JIYU KUMITE: SHOBU IPPON - TWO CONTESTS

## NIDAN to SANDAN

KIHON: ALL FROM JIYU KAMAE      EACH THREE TIMES      → = FORWARD   ← = BACK

1. SANBON ZUKI: SOCHIN DACHI: JODAN, CHUDAN, CHUDAN → ←
2. OI ZUKI CHUDAN, SHIFT TO SHUTO UKE (KOKUTSU DACHI), SHIFT TO GEDAN BARAI (NEKO ASHI DACHI), SHIFT TO GYAKU ZUKI CHUDAN(SOCHIN DACHI), STEP FORWARD GYAKU ZUKI CHUDAN (SOCHIN DACHI) →
3. OI ZUKI CHUDAN, STEP BACK AGE, SOTO UKE, GEDAN BARAI (SAME ARM) MAE GERI CHUDAN, JODAN ZUKI, GYAKU ZUKI CHUDAN →
4. MAE GERI CHUDAN, OI ZUKI JODAN, GYAKU ZUKI CHUDAN, STEP BACK UCHI UKE, KIZAMI ZUKI, MAWASHI GERI JODAN, OI ZUKI CHUDAN →
5. MAE GERI CHUDAN, MAWASHI GERI JODAN( SAME LEG) OI ZUKI CHUDAN, STEP BACK UDE BARAI, USHIRO GERI CHUDAN (FORWARD), HAITO UCHI, MAWASHI GERI JODAN, GYAKU ZUKI CHUDAN →
6. MAE GERI JODAN, YOKO GERI KEKOMI CHUDAN (TO SIDE) USHIRO GERI CHUDAN, MAWASHI GERI JODAN, ALL SAME LEG, STEP BACK → HIDARI/MIGI

KATA:

SENTEI – SOCHIN, TEKKI SANDAN, CHINTE, JI'IN, NIJUSHIHO

SHITEI – HANGETSU, TEKKI NIDAN, BASSAI-SHO, GANKAKU, KANKU-SHO

KUMITE: JIYU KUMITE: SHOBU IPPON - THREE CONTESTS

## SANDAN to YONDAN

KIHON: ALL FROM JIYU KAMAE      EACH THREE TIMES      → = FORWARD   ← = BACK

1. SANBON ZUKI: SOCHIN DACHI: JODAN, CHUDAN, CHUDAN → ←
2. OI ZUKI CHUDAN, SHIFT TO SHUTO UKE (KOKUTSU DACHI), SHIFT TO GEDAN BARAI (NEKO ASHI DACHI), SHIFT TO GYAKU ZUKI CHUDAN (SOCHIN DACHI), STEP FORWARD MAWASHI UKE (SANCHIN DACHI), STEP BACK GEDAN BARAI (SOCHIN DACHI), GYAKU ZUKI CHUDAN (ZENKUTSU DACHI) →
3. KIZAMI ZUKI JODAN, OI ZUKI JODAN, GYAKU ZUKI, CHUDAN, STEP BACK UCHI UKE, AGE UKE, SOTO UKE, GEDAN BARAI,GYAKU ZUKI CHUDAN →
4. MAE GERI CHUDAN, OI ZUKI JODAN, GYAKU ZUKI CHUDAN, STEP BACK UCHI UKE, KIZAMI ZUKI, MAWASHI GERI, OI ZUKI CHUDAN
5. MAE GERI CHUDAN, MAWASHI GERI JODAN(SAME LEG) OI ZUKI CHUDAN, STEP BACK UDE BARAI, USHIRO GERI (FORWARD), HAITO UCHI, MAWASHI GERI, GYAKU ZUKI CHUDAN
6. MAE GERI JODAN, YOKO GERI CHUDAN (TO SIDE) USHIRO GERI CHUDAN, MAWASHI GERI JODAN, ALL SAME LEG, STEP BACK

KATA:

SENTEI – MEIKYO, UNSU, WANKAN

SHITEI – SOCHIN, TEKKI SANDAN, CHINTE, JI'IN, NIJUSHIHO

KUMITE: JIYU KUMITE: SHOBU IPPON - THREE CONTESTS

DEMONSTRATE TWO BUNKAI (APPLICATIONS) OF OWN CHOICE FROM SENTEI KATA

## YONDAN to GODAN

KIHON: ALL FROM JIYU KAMAE      EACH THREE TIMES      → = FORWARD      ← = BACK

1. SANBON ZUKI: SOCHIN DACHI: JODAN, CHUDAN, CHUDAN → ←
2. OI ZUKI CHUDAN, SHIFT TO SHUTO UKE (KOKUTSU DACHI), SHIFT TO GEDAN BARAI (NEKO ASHI DACHI), SHIFT TO GYAKU ZUKI CHUDAN (SOCHIN DACHI), STEP FORWARD MAWASHI UKE, JODAN/CHUDAN TEISHO UCHI (SANCHIN DACHI), STEP BACK GEDAN BARAI (SOCHIN DACHI), GYAKU ZUKI CHUDAN (ZENKUTSU DACHI) →
3. KIZAMI ZUKI JODAN, OI ZUKI JODAN, GYAKU ZUKI, CHUDAN, STEP BACK UCHI UKE, AGE UKE, SOTO UKE, GEDAN BARAI, GYAKU ZUKI CHUDAN →
4. MAE GERI CHUDAN, OI ZUKI JODAN, GYAKU ZUKI CHUDAN, STEP BACK UCHI UKE, KIZAMI ZUKI, MAWASHI GERI, OI ZUKI CHUDAN →
5. MAE GERI CHUDAN, MAWASHI GERI JODAN (SAME LEG) OI ZUKI CHUDAN, STEP BACK UDE BARAI, USHIRO GERI (FORWARD), HAITO UCHI, MAWASHI GERI, GYAKU ZUKI CHUDAN →
6. MAE GERI JODAN, YOKO GERI CHUDAN (TO SIDE) USHIRO GERI CHUDAN, MAWASHI GERI JODAN, ALL SAME LEG, STEP BACK →

KATA:

SENTEI – GOJUSHIHO-DAI, GOJUSHIHO-SHO

SHITEI – MEIKYO, UNSU, WANKAN

KUMITE: JIYU KUMITE: SHOBU IPPON - THREE CONTESTS

DEMONSTRATE TWO BUNKAI APPLICATIONS OF EXAMINER'S CHOICE FROM SENTEI KATA, AND ONE FROM SHITEI KATA

## GODAN to ROKUDAN

AS GODAN

N.B. The grading content can be altered at the discretion of the Examiner.