

Grading Syllabus 6th Kyu (White) to 5th Kyu (Yellow) (Grading with all the terminology in english)			
BASICS:			
Strikes (From Shiko Dachi) Chudan Tsuki Jodan Tsuki Gedan Tsuki Jodan Tsuki .Chudan Tsuki and Gedan Tsuki		Kicks (From Zenkutsu Dachi) Mae Geri (Kekomi) Mawashi Geri Yoko Geri Gedan	
Blocks Harai Uke Yoko Uke Yoko Uchi Jodan Uke		Walking & Blocking (Zenkutsu Dachi) Kihon Dosa (Shiho Undou), Zenkutsu Dachi, block and strike	
KATAS:			
Kihon Kata 1, 2, 3 and 4			
KIHON KUMITE:			
Harai Uke, Gyaku Tsuki Yoko Uke, Gyaku Tsuki Jodan Uke, Gyaku Tsuki		NOTE: All the combinations from natural stances, stepping back into left Zenkutssu Dachi, left block, reverse punch	
KUMITE:			
Proper karate techniques. (All strikes and kicks above partners belt.) No open hand techniques. No spinning techniques. No take-down techniques. No joint locking techniques		Miscellaneous Explain the importance of forming a proper fist Explain "Kiai"	
TERMINOLOGY:			
Sensei – Teacher Sempai – Senior Rei – Bow Mokuso - Meditation Shizentai – Natural Stance	Sensei Ni Rei - Bow to teacher Sempai Ni Rei - Bow to Senior Karate - Empty Hand Kiyostuke – Attention (Stance) Shiko Dachi – Sumo Stance	Gi - Karate Uniform Kiai - Yell Hajime - Begin Yame - Stop Kihon – Basic	One - Ichi Two - Ni Three - San Four - Shi Five - Go

Grading Syllabus			
5th Kyu (Yellow) to 4th Kyu (Orange)			
(Grading with all the terminology in english and japanese)			
BASICS:			
Strikes (From Shiko Dachi) Chudan Tsuki Jodan Tsuki Gedan Tsuki Jodan Tsuki .Chudan Tsuki and Gedan Tsuki		Kicks (From Zenkutsu Dachi) Mae Geri (Kekomi) Mawashi Geri Yoko Geri Gedan	
Blocks Harai Uke Yoko Uke Yoko Uchi Jodan Uke		Walking & Blocking (Zenkutsu Dachi) Kihon Dosa (Shiho Undou), Zenkutsu Dachi, block and strike	
KATAS:			
Pinan Nidan Kihon Kata 1, 2, 3, 4, 5, 6, 7 and 8			
KIHON KUMITE:			
Harai Uke, Gyaku Tsuki Yoko Uke, Gyaku Tsuki Yoko Uchi, Gyaku Tsuki Jodan Uke, Gyaku Tsuki		NOTE: All the combinations from natural stances, stepping back into: 1. Left Zenkutsu Dachi, left block, reverse punch or 2. Right Zenkutsu Dachi, right block, reverse punch	
KUMITE:			
Proper karate techniques. (All strikes and kicks above partners belt.) No open hand techniques. No spinning techniques. No take-down techniques. No joint locking techniques		Miscellaneous Explain the importance of forming a proper fist Explain "Kiai"	
TERMINOLOGY:			
Sensei – Teacher Sempai – Senior Rei – Bow Mokuso - Meditation Shizentai – Natural Stance	Sensei Ni Rei - Bow to teacher Sempai Ni Rei - Bow to Senior Karate - Empty Hand Kiyostuke – Attention (Stance) Shiko Dachi – Sumo Stance	Gi - Karate Uniform Kiai - Yell Hajime - Begin Yame - Stop Kihon – Basic	One - Ichi Two - Ni Three - San Four - Shi Five - Go

Grading Syllabus 4th Kyu (Orange) to 3rd Kyu (Green) (Grading with all the terminology in english and japanese)			
BASICS:			
Strikes (From Shiko Dachi) Chudan Tsuki Jodan Tsuki Gedan Tsuki Jodan Tsuki .Chudan Tsuki and Gedan Tsuki		Kicks (From Zenkutsu Dachi) Mae Geri (Kekomi) Mawashi Geri Yoko Geri Gedan	
Blocks Harai Uke Yoko Uke Yoko Uchi Jodan Uke		Walking & Blocking (Zenkutsu Dachi) Kihon Dosa (Shiho Undou), Zenkutsu Dachi, block and strike	
KATAS:			
Pinan Nidan and Pinan Shodan Kihon Kata 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 and 12			
KIHON KUMITE:			
Harai Uke, Gyaku Tsuki Yoko Uke, Gyaku Tsuki Yoko Uchi, Gyaku Tsuki Jodan Uke, Gyaku Tsuki		NOTE: All the combinations from natural stances, stepping back into: 1. Left Zenkutsu Dachi, left block, reverse punch or 2. Right Zenkutsu Dachi, right block, reverse punch	
KUMITE:			
Proper karate techniques. (All strikes and kicks above partners belt.) No open hand techniques. No spinning techniques. No take-down techniques. No joint locking techniques		Miscellaneous Explain the importance of forming a proper fist Explain "Kiai" Explain the meaning of "Karate"	
TERMINOLOGY:			
Sensei – Teacher Sempai – Senior Rei – Bow Mokuso - Meditation Shizentai – Natural Stance	Sensei Ni Rei - Bow to teacher Sempai Ni Rei - Bow to Senior Karate - Empty Hand Kiyostuke – Attention (Stance) Shiko Dachi – Stance	Gi - Karate Uniform Kiai - Yell Hajime - Begin Yame - Stop Kihon – Basic	One - Ichi Two - Ni Three - San Four - Shi Five - Go

Grading Syllabus 3rd Kyu (Green) to 2nd Kyu (Blue) (Grading with all the terminology in Japanese)			
BASICS:			
Strikes (From Shiko Dachi) Chudan Tsuki Jodan Tsuki Gedan Tsuki Jodan Tsuki .Chudan Tsuki and Gedan Tsuki		Kicks (From Zenkutsu Dachi) Mae Geri (Kekomi) Mae Geri (Keage) Mawashi Geri Yoko Geri Gedan	
Blocks Harai Uke Yoko Uke Yoko Uchi Jodan Uke		Walking & Blocking (Zenkutsu Dachi) (Zenkutsu Dachi or Neko Ashi Dachi) Block and strike Kick and strike	
KATAS:			
Pinan Nidan, Pinan Shodan and Pinan Sandan Kihon Kata 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 15 and 16			
KIHON KUMITE:			
Block and counter attack to the three different sections (Jodan, Chudan and Gedan) .		NOTE: All the combinations from natural stances, stepping back into: (performing at least 1 to 3 take downs)	
KUMITE:			
Proper karate techniques. (All strikes and kicks above partners belt.) No open hand techniques. No spinning techniques. No take-down techniques. No joint locking techniques		Miscellaneous Explain the importance of forming a proper fist Explain "Kiai" Explain the meaning of "Karate" Explain the meaning of "Wado" Explain the meaning of "Kai"	
TERMINOLOGY:			
Sensei – Teacher Sempai – Senior Rei – Bow Mokuso - Meditation Shizentai – Natural Stance	Sensei Ni Rei - Bow to teacher Sempai Ni Rei - Bow to Senior Karate - Empty Hand Kiyostuke – Attention (Stance) Shiko Dachi – Sumo Stance	Gi - Karate Uniform Kiai - Yell Hajime - Begin Yame - Stop Kihon – Basic	One - Ichi Two - Ni Three - San Four - Shi Five - Go

Grading Syllabus 2nd Kyu (Blue) to 1st Kyu (Brown)

(Grading with all the terminology in Japanese)

BASICS:

Strikes (From Shiko Dachi)

Chudan Tsuki
Jodan Tsuki
Gedan Tsuki
Jodan Tsuki .Chudan Tsuki and Gedan Tsuki
Gedan Tsuki , Chudan Tsuki and Jodan Tsuki
Chudan Tsuki, Jodan Tsuki and Gedan Tsuki

Kicks (From Moto Dachi)

Mae Geri (Kekomi)
Mae Geri (Keage)
Mawashi Geri (Kekomi)
Mawashi Geri (Keage)
Yoko Geri (Kekomi)
Ushiro Geri (Kekomi)
Ushiro Mawashi Giri (Kekomi)

Blocks

Harai Uke
Yoko Uke
Yoko Uchi
Jodan Uke
Shuto Uke

Walking & Blocking (Moto Dachi, Zenkutsu Dachi or Neko Ashi Dachi)

Block and strike
Kick and strike

KATAS:

Pinan Nidan, Pinan Shodan, Pinan Sandan and Pinan Yodan
Pinan Primary Bunkai
Kihon Kata 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20

KIHON KUMITE:

Block and counter attack to the three different sections (Jodan, Chudan and Gedan) without repeating combinations

NOTE: All the combinations performed from sparring stances (Chudan no Kamae), stepping back blocking and striking
(performing at least 3 to 5 take downs)

KUMITE:

Strikes and kicks 1 – 2 inches from body 2 - 3 inches from face

All strikes and kicks above partners belt.
Open hand techniques allowed.
Spinning techniques allowed.
No take-down techniques.
No joint locking techniques.

Miscellaneous

Explain the importance of forming a proper fist
Explain "Kiai"
Explain the meaning of "Karate"
Explain the meaning of "Wado"
Explain the meaning of "Kai"

TERMINOLOGY:

(See attached sheet)

Grading Syllabus

1st Kyu (Brown) to Shodan-Ho

(Grading with all the terminology in Japanese)

BASICS:

Strikes (From Shiko Dachi)

Chudan Tsuki
Jodan Tsuki
Gedan Tsuki
Jodan Tsuki .Chudan Tsuki and Gedan Tsuki
Gedan Tsuki , Chudan Tsuki and Jodan Tsuki
Chudan Tsuki, Jodan Tsuki and Gedan Tsuki

Kicks (From Moto Dachi)

Mae Geri (Kekomi)
Mae Geri (Keage)
Mawashi Geri (Kekomi)
Mawashi Geri (Keage)
Yoko Geri (Kekomi)
Ushiro Geri (Kekomi)
Ushiro Mawashi Giri (Kekomi)

Blocks

Harai Uke
Yoko Uke
Yoko Uchi
Jodan Uke
Shuto Uke
Juji Uke
Teisho Uke

Walking & Blocking (Chudan no Kame, Zenkutsu Dachi, Neko Ashi Dachi or Kokutsu Dachi)

Block and strike
Kick and strike

KATAS:

Pinan Nidan, Pinan Shodan, Pinan Sandan, Pinan Yodan and Pinan Godan
Pinan Primary Bunkai
Naifunchi Shodan, Naifunchi Nidan and Naifunchi Sandan
Naifunchi Primary Bunkai
Kihon Kata 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20

KIHON KUMITE:

Block and counter attack to the three different sections (Jodan, Chudan and Gedan) without repeating combinations

NOTE: All the combinations performed from sparring stances (Chudan no Kamae), stepping back blocking and striking
(performing at least 3 to 5 take downs)

KUMITE:

Strikes and kicks 0 – 1 inches from body 1 - 2 inches from face

All strikes and kicks above partners belt.
Open hand techniques allowed.
Spinning techniques allowed.
No take-down techniques.
No joint locking techniques.

Miscellaneous

Explain the importance of a proper fist
Explain "Kiai"
Explain the meaning of "Karate"
Explain the meaning of "Wado"
Explain the meaning of "Kai"
Explain the meaning of "Ryu"

TERMINOLOGY:

(See attached sheet)

Grading Syllabus
Shodan-Ho to 1st Dan (Shodan)
 (Grading with all the terminology in Japanese)

BASICS:**Strikes** (From Shiko Dachi)

Chudan Tsuki
 Jodan Tsuki
 Gedan Tsuki
 Jodan Tsuki .Chudan Tsuki and Gedan Tsuki
 Gedan Tsuki , Chudan Tsuki and Jodan Tsuki
 Chudan Tsuki, Jodan Tsuki and Gedan Tsuki

Kicks (From Moto Dachi)

Mae Geri (Kekomi)
 Mae Geri (Keage)
 Mawashi Geri (Kekomi)
 Mawashi Geri (Keage)
 Yoko Geri (Kekomi)
 Ushiro Geri (Kekomi)
 Ushiro Mawashi Giri (Kekomi)

Blocks

Harai Uke
 Yoko Uke
 Yoko Uchi
 Jodan Uke
 Shuto Uke
 Juji Uke
 Teisho Uke

Walking & Blocking (Chudan no Kame, Zenkutsu Dachi, Neko Ashi Dachi or Kokutsu Dachi)

Block and strike
 Kick and strike

KATAS:

Pinan Nidan, Pinan Shodan, Pinan Sandan, Pinan Yodan and Pinan Godan
 Pinan Primary Bunkai
 Naifunchi Shodan, Naifunchi Nidan and Naifunchi Sandan
 Naifunchi Primary Bunkai
 Jihon, Wanshu
 Jihon and Wanshu Primary Bunkai
 Kihon Kata 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20

KIHON KUMITE:

Block and counter attack to the three different sections (Jodan, Chudan and Gedan) without repeating combinations

NOTE: All the combinations performed from sparring stances (Chudan no Kamae), stepping back blocking and striking
 (performing at least 5 take downs)

KUMITE:

Strikes and kicks 0 – 1 inches from body 1 - 2 inches from face

All strikes and kicks above partners belt.
 Open hand techniques allowed.
 Spinning techniques allowed.
 No take-down techniques.
 No joint locking techniques.

Miscellaneous

Explain the importance of a proper fist
 Explain "Kiai"
 Explain the meaning of "Karate"
 Explain the meaning of "Wado"
 Explain the meaning of "Kai"
 Explain the meaning of "Ryu"

TERMINOLOGY: (See attached sheet)

TERMINOLOGY (Brown Belts and Up):**BASIC**

"OHSH"	YES,NO
REI	BOW
SENSEI	INSTRUCTOR
SEMPAI	SENIOR
MOKUSO	MEDITATION
GYAKU	REVERSE
HAJIME	START
YAME	STOP
DOJO	TRAINING AREA
GI	TRAINING UNIFORM
KARATE	"EMPTY HAND"
KARATEKA	STUDENT OF KARATE

DIRECTIONS

MAE	FRONT
MIGI	RIGHT
HIDARI	LEFT
USHIRO	BACK

BLOCKS

HARAI UKE	DOWNWARD BLOCK
YOKO UKE	INSIDE MIDDLE BLOCK
YOKO UCHI	OUTSIDE MIDDLE BLOCK
JODAN UKE	HIGH BLOCK
JUJI UKE	"X" BLOCK
TEISHO UKE	PALM HEAL BLOCK

HAND STRIKING TECHNIQUES

SHUTO	KNIFE HAND
TETSUI	HAMMER FIST STRIKE
EMPI UCHI	ELBOW STRIKE
HAITO UCHI	RIDGE HAND STRIKE
TEISHO UCHI	PALM HAND STRIKE

COUNTING

ICHI	ONE
NI	TWO
SAN	THREE
SHI	FOUR
GO	FIVE
ROKU	SIX
SHICHI	SEVEN
HACHI	EIGHT
KU	NINE
JU	TEN

STANCES

KIYOSTKE	ATTENTION
SEIZA	KNEELING DOWN
SHIZENTAI	NATURAL STANCE
ZENKUTSU DACHI	FORWARD STANCE
SHIKO DACHI	SUMO STANCE
KIBA DACHI	"HORSE" STANCES
KOKUTSU DACHI	BACK STANCES
NEKO ASHI DACHI	CAT STANCE
JUJI DACHI	X-STANCES

TARGETS:

JODAN	HIGH
CHUDAN	MIDDLE
GEDAN	LOW

HAND THRUSTING STRIKES

TSUKI	PUNCH
SHUTO	KNIFE HAND
TETSUI	HAMMER FIST STRIKE
NUKITE	FINGER THRUST (SPEAR HAND)

KICKING

MAE GERI KEAGI	FRONT SNAP KICK
MAE GERI KEKOMI	FRONT THRUST KICK
MAWASHI GERI KEAGI	ROUNDHOUSE SNAP KICK
MAWASHI GERI KEKOMI	ROUNDHOUSE THRUST KICK
YOKO GERI KEKOMI	SIDE THRUST KICK
USHIRO GERI KEKOMI	BACK THRUST KICK
USHIRO MAWASHI GERI	BACK ROUNDHOUSE KICK