



本部道場

松濤館流空手協会国際

Shotokan Ryu Karate Kyokai Kokusai

Grading Syllabus

Web Version

Novice to 10th Kyu (Blue belt)

All to be performed stationary in Shizentai

Kihon

Chudan oi-zuki
Age uke
Soto uke
Gedan barai
Mae geri chudan

Kata

No Kata is required at this level

Kumite

No Kumite is required at this level

10th Kyu to 9th Kyu (Orange Belt)

All to be performed moving forwards in Zenkutsu dachi

Kihon

Jodan oi-zuki

Chudan oi-zuki

Age uke

Soto uke

Uchi uke

Gedan barai

Mae geri chudan and jodan

Kata

Taikyoku shodan (kihon kata): For Sen grade, only up to the 1st Kia point.

Kumite

Gohon kumite (5-step attack) – Jodan and chudan only (age uke, soto uke) – once.

9th Kyu to 8th Kyu (Red Belt)

All to be performed moving forwards and backwards

Kihon

Jodan oi-zuki

Chudan oi-zuki

Age uke

Soto uke

Uchi uke

Gedan barai

Shuto uke (kokutsu dachi)

Mae geri jodan

Mae geri chudan

Kata

Heian shodan (full speed and power): For Sen grade, only up to the 1st Kia point.

Previous Kata may also be requested

Kumite

Gohon Kumite (5-step attack) – Jodan, chudan, chudan, mae geri (age uke, soto uke, uchi uke, gedan barai)

8th Kyu to 7th Kyu (Yellow Belt)

All to be performed moving forwards and backwards

Kihon

Jodan oi-zuki

Chudan oi-zuki

Age uke

Soto uke

Uchi uke

Gedan barai

Shuto uke (kokutsu dachi)

Mae geri chudan

Yoko geri keage (kiba dachi)

Kata

Heian Nidan (full speed and power): For Sen grade, only up to the 1st four Shuto sequence.

Previous Kata may also be requested

Kumite

Gohon Kumite (5-step attack) – Jodan, chudan, chudan, mae geri (age uke, soto uke, uchi uke, gedan barai)

7th Kyu to 6th Kyu (Green Belt)

All to be performed moving forwards and backwards

Kihon

Jodan oi-zuki
Chudan oi-zuki
Age uke, gyaku zuki
Soto uke, gyaku zuki
Uchi uke, gyaku zuki
Gedan barai, gyaku zuki
Shuto uke (kokutsu dachi)
Mae ren geri (jodan and chudan)
Yoko geri keage (kiba dachi)
Yoko geri kekomi (kiba dachi)

Kata

Heian Sandan (full speed and power) For Sen grade, only up to the 1st Kia point and Heisoku turn.

Previous Kata may also be requested

Kumite

Sanbon Kumite (3-step attack) – Jodan, chudan, mae geri (age uke, soto uke, gedan barai – gyaku zuki) – left and right sides

Previous Kumite may also be requested

6th Kyu to 5th Kyu (Purple Belt)

All to be performed moving forwards and backwards

Kihon

Sanbon zuki

Gyaku zuki

Age uke, gyaku zuki

Soto uke, gyaku zuki

Uchi uke, gyaku zuki

Gedan barai, gyaku zuki

Shuto uke (kokutsu dachi)

Mae geri, gyaku zuki

Yoko geri keage (kiba dachi)

Yoko geri kekomi (kiba dachi)

Mawashi geri

Kata

Heian Yondan (full speed and power); For Sen grade, only up to the 1st Kia point.

Previous Kata may also be requested

Kumite

Sanbon Kumite (3-step attack) – Jodan, chudan, mae geri (age uke, soto uke, gedan barai – gyaku zuki) – left and right sides

Previous Kumite may also be requested

5th Kyu to 4th Kyu (Purple/white Belt)

Kihon

Sanbon zuki

Gyaku zuki

Age uke, gyaku zuki, gedan barai

Soto uke, gyaku zuki, gedan barai

Uchi uke, gyaku zuki, gedan barai

Gedan barai, gyaku zuki

Shuto uke (kokutsu dachi), shihon nukite

Mae geri, gyaku zuki

Yoko geri keage (kiba dachi)

Yoko geri kekomi (kiba dachi)

Mawashi geri

Kata

Heian Godan (full speed and power): For Sen grade, only up to the 1st Kia point.

Previous Kata may also be requested

Kumite

Kihon Ippon Kumite (1-step attack) – Jodan, chudan, mae geri (age uke, soto uke, gedan barai) – left and right sides

Previous Kumite may also be requested

4th Kyu to 3rd Kyu (Brown Belt)

Kihon

Mae geri, sanbon zuki

Gyaku zuki

Jodan uraken uchi

Age uke, uraken uchi, gyaku zuki

Soto uke, yoko enpi uchi (kiba dachi)

Uchi uke, kizami zuki, gyaku zuki

Gedan barai, gyaku zuki, gedan barai

Shuto uke (kokutsu dachi), kizami mae geri, shihon nukite

Mae geri, gyaku zuki

Yoko geri keage (kiba dachi)

Yoko geri kekomi (kiba dachi)

Mawashi geri, gyaku zuki

Kata

Tekki shodan (full speed and power)

Previous Kata may also be requested

Kumite

Kihon ippon kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri kekomi attacks on left and right sides (age uke, gyaku zuki, soto uke, gyaku zuki, gedan barai, gyaku zuki, soto uke, gyaku zuki). With tai sabaki.

Previous Kumite may also be requested

3rd Kyu to 2nd Kyu (Brown one white stripe Belt)

Kihon

Mae geri, sanbon zuki
Jodan uraken uchi
Gyaku zuki
Age uke, mae geri (land back), gyaku zuki
Soto uke, yoko enpi uchi, uraken uchi (kiba dachi)
Uchi uke, kizami zuki, gyaku zuki
Gedan barai, gyaku zuki, gedan barai
Shuto uke (kokutsu dachi), shihon nukite
Mae geri, gyaku zuki
Yoko geri keage (kiba dachi)
Yoko geri kekomi (kiba dachi)
Mawashi geri, uraken uchi

Kata

Shitei Kata – Basai Dai
Sentei Kata – Kanku Dai, Enpi, Jion (students' choice of any one of these plus any other two syllabus Kata of lead examiners choice)

Kumite

Jiyu-ippun kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri, mawashi attacks on left and right sides. Defences are students' choice. With tai sabaki.

Previous Kumite may also be requested

2nd Kyu to 1st Kyu (Brown two white stripes Belt)

Kihon

Mae geri, sanbon zuki

Jodan shuto uchi

Gyaku zuki

Age uke, mae geri (land back), gyaku zuki, gedan barai

Soto uke, yoko enpi uchi, uraken uchi (kiba dachi)

Uchi uke, kizami zuki, gyaku zuki

Gedan barai, gyaku zuki, gedan barai

Shuto uke (kokutsu Dachi), kizami mae geri, shihon nukite

Yoko geri Keage (kiba dachi)

Yoko geri Kekomi (zenkutsu dachi)

Mawashi geri, uraken, gyaku zuki

Ushiro geri

Kata

Shitei Kata – Bassai Dai

Sentei Kata –Kanku Dai, Enpi, Jion (students' choice of any one of these plus any other two syllabus Kata of lead examiners choice)

Kumite

Jiyu-ippou kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri, mawashi attacks on left and right sides. Defences are students' . Can include Tai sabaki.

Previous Kumite may also be requested

Sho Dan (Black Belt)

Kihon

Kizami zuki, oi-zuki, gyaku zuki
Gyaku zuki
Jodan shuto uchi, yoko shuto uchi (same arm)
Age uke, mae geri, gyaku zuki
Soto uke, yoko enpi (kiba dachi), uraken uchi, gyaku zuki
Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki
Shuto uke, kizami mawashi geri, shihon nukite
Mae geri ren geri (chudan/jodan)
Yoko geri keage, kekomi (alternate feet)
Mawashi geri, uraken, gyaku zuki
Ura mawashi geri. gyaku zuki
Ushiro geri, uraken uchi, gyaku zuki
Sanbon geri

Kime Waza – Target test with Gyaku zuki

Kata

Shitei Kata – Bassai Dai. Sentei Kata – Student choice of Kanku Dai, Enpi, Jion, Hangetsu (students' choice of any one of these plus any other syllabus Kata of lead examiners choice)

Kumite

Jiyu-ippun kumite (1-step attack) – Jodan, chudan, mae geri, yoko geri kekomi, mawashi and ushiro geri attacks on left and right sides. Defences are students' choice. Can include Tai sabaki and de-ai.

Jiyu kumite as directed by examiners

Ni Dan (Black Belt)

Kihon

Kizami zuki, sanbon zuki (free kamae)
Age uke, mae geri, gyaku zuki, gedan Barai
Age uke, soto uke (same arm), gyaku zuki
Gedan barai (backwards), oi zuki, gyaku zuki
Soto uke, yoko enpi (kiba dachi), Kekomi, uraken uchi, gyaku zuki
Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki
Shuto uke, kizami mawashi geri, shihon nukite
Mae geri, oi-zuki (free kamae)
Yoko geri keage, yoko geri kekomi (alternate feet)
Ura mawashi geri, gyaku zuki
Mawashi geri, uraken, oi zuki (free kamae)
Yoko geri Kekomi, gyaku zuki (free kamae)

Kata

Sentei Kata – Bassai Sho, Kanku Sho, Tekki Nidan, Jitte, Nijushiho (students choice of any one of these plus any other Kata or the lead examiners choice)

Kumite

Jiyu Kumite as directed by examiners

Previous Kumite may also be requested

San Dan (Black Belt)

Kihon

Any techniques at discretion of lead examiner. Also, to include:

Gohon renzoku oi komi (5 tsuki one step plus yori ashi)

Age enpi (kokutsu dachi), yoko enpi (kiba dachi), mawashi enpi (zenkutsu dachi)

Age uke, soto uke (same arm), gyaku zuki

Uchi uke (kokutsu dachi), kizami zuki, gyaku zuki

Age uke (backwards), mawashi geri, uraken uchi, oi-zuki

Mae geri, yoko geri kekomi, mawashi geri, gyaku zuki

Mae geri, yoko geri kekomi, ushiro geri (stationary)

Kata

Sentei Kata – Sochin, Gankaku, Unsu, Chinte, Gojushiho Sho (students' choice of any of these plus any other syllabus Kata of the lead examiners choice)

Kumite

Jiyu Kumite as directed by examiners

Previous Kumite may also be requested

Yon Dan (Black Belt)

Kihon

Examinee must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked about a basic technique. This will normally be done at a dedicated training session before the physical examination.

Kata

Sentei Kata – Jiin, Gojushiho Dai, Meikyo, Tekki Sandan (students choice of any two of these plus any other syllabus Kata of the lead examiners choice) Bunkai questions on the chosen Kata will be asked.

Kumite

Demonstrate 3 favourite Kumite combinations and explain them. Slow speed then full speed and power.

Demonstrate 3 self-defence techniques and explain them. Slow speed, then full speed.

Jiyu Kumite as directed by examiners.

Go Dan (Black Belt)

1500-2000-word thesis on any aspect of karate.

Students' choice of any two Kata from the Dan grade syllabus - demonstration of Bunkai of selected Kata moves will be asked by the examiners.

Examiners choice of any three Kata from the Dan grade syllabus - demonstration of Bunkai of selected Kata moves will be asked by the examiners.

Demonstrate 3 favourite Kumite combinations and explain them to the panel - slow and fast speeds.

Demonstrate 3 self-defence techniques and explain them. Slow speed, then full speed.

Jiyu Kumite as directed by examiners.

Roku Dan and above (Black Belt)

Students' choice of any two Kata from the Dan grade syllabus - Demonstration of applications of Kata moves will be asked by the examiners.

Examiners choice of any additional Kata from the Dan grade syllabus - Demonstration of applications of Kata moves will be asked by the examiners.

Demonstration of Kata developed by the examinee, based on the core principles of Shotokan Karate.

Question and Answer session; Research Dissertation (about Karate techniques).

For 7th Dan, this must be a matured mastery.

For 8th Dan and above, this must be total mastery of the secrets of Karate and show an extraordinary level of spiritual development. These awards are also only on recommendation of the Shihankai (Executive/Technical Board)