



KYU GRADE SYLLABUS

SHOTOKAN KARATE

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INTRODUCTION

This booklet sets out your current training syllabus up to and including 1st kyu.

Throughout the training you will be introduced to a wide range of kihon techniques, kumite techniques and kata. The purpose of the training syllabus is to ensure that you are given the maximum opportunity to develop skills as a martial artist. The training set out in this syllabus is the minimum you should expect to receive. This syllabus should be an aid to training and to help you in your understanding of the stages of development at each level.

While Instructors are there to support, advise, guide and teach, you should, as you acquire more skills and knowledge, recognise your own development needs. Please talk to your instructor if you feel that these needs are not being met.

Your progress will be assessed continuously during training. It will also be assessed formally at regular intervals. This formal assessment is done at grading examinations which are held every three to six months. Success at these examinations enable you to wear the next coloured belt in the sequence. The normal sequence is:

Novice	White belt	5th Kyu	Blue Belt
9th Kyu	Red belt	4th Kyu	Purple belt
8th Kyu	Yellow belt	3rd Kyu	Brown belt
7th Kyu	Orange belt	2nd Kyu	Brown belt/white stripe
6th Kyu	Green belt	1st Kyu	Brown belt /black stripe

There is a minimum attendance requirement between grading. These are: for grading between novice and 3rd Kyu - 21 lessons and three months; for grading between 3rd Kyu and Shodan - 42 lessons and six months.

In the over elevens class, all students are required to learn the important dojo kun and this will be tested at grading as well through the continuous assessment process.

Up to and including fourth kyu, young people in the under elevens class work towards a progression belt (mon grade) before attempting kyu grade. The assessment for progression belt is to demonstrate satisfactory performance of all basic techniques and the knowledge and understanding section.

The progression belts are:

9th Mon: Red belt/white stripe	6th Mon: Green belt/white tripe
8th Mon: Yellow belt/white stripe	5th Mon: Blue belt/white stripe
7th Mon: Orange belt/white stripe	4th Mon: Purple belt/white stripe

For those of you over sixteen years of age, the ability to analyse (oyo) and apply (bunkai) the techniques within the kata will be assessed. It will be at a basic level increasing in complexity as you progress through the ranks.

You should only enter the grading examination when you feel ready. There are times when you may feel that you need a little longer between belts. This is fully understandable. Not everybody learns at the same pace. Please remember - if you do not feel ready, then you are not ready.

9th MON GRADE (RED BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirements of this grade you must be able to form a fist correctly, participate in the opening and closing etiquette in the dojo, be able to show the prescribed terminology and be able to demonstrate basic blocking, punching and kicking techniques in front stance.

1.	Choku-zuki:	Straight punch
2.	Gyaku-zuki:	Reverse punch
3.	Oi-zuki:	Lunge punch
4.	Age-uke:	Rising block
5.	Soto-ude-uke:	Outside to inside forearm block
6.	Uchi-ude-uke:	Inside to outside forearm block
7.	Gedan-barai:	Downward block
8.	Mae-geri-keage:	Front snap kick
9.	Zenkutsu-dachi:	Front stance

Knowledge and understanding.

You must be able to count to five in Japanese and correctly answer the following questions:

1. What does *Karate* mean?
2. What is a *Dojo*?
3. What is the Japanese name for your uniform?
4. What is the Japanese name for your belt?
5. How do you address your instructor?

9th KYU (RED BELT)

KIHON (Basic Techniques)

To meet the requirements of this grade you must be able to form a fist correctly, participate in the opening and closing etiquette in the dojo, be able to show the prescribed terminology and be able to demonstrate basic blocking, punching and kicking techniques in front stance. Back stance and knife hand techniques will be introduced.

1.	Choku-zuki:	Straight punch
2.	Gyaku-zuki:	Reverse punch
3.	Oi-zuki:	Lunge punch
4.	Age-uke:	Rising block
5.	Soto-ude-uke:	Outside to inside forearm block
6.	Uchi-ude-uke:	Inside to outside forearm block
7.	Gedan-barai:	Downward block
8.	Mae-geri-keage:	Front snap kick
9.	Zenkutsu-dachi:	Front stance
10.	Shuto-Uke/uchi	Knife hand block/strike
11.	Tetsui-uchi	Hammer fist strike
12.	Kokutsu-dachi	Back stance

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to five in Japanese and correctly answer the following questions:

1. What does *Karate* mean?
2. What is a *Dojo*?
3. What is the Japanese name for your uniform?
4. What is the Japanese name for your belt?
5. How do you address your instructor?
6. What are *Jodan*, *Chudan* and *Gedan*

<u>KATA</u>	Taikyokyu Shodan and basic bunkai (over sixteens)
<u>KUMITE</u>	GOHON KUMITE (five step sparring) – Left and right sides To count, with partner, showing the blocks (no counter) for: <ol style="list-style-type: none">1. Jodan oi-zuki2. Chudan oi-zuki

8th MON GRADE (YELLOW BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirements for this grade you must show that you can move quickly between the basic techniques you have already been taught in short sequences, demonstrate the knife hand block in back stance and the terminology requirement. Side kicks will be introduced.

Technically there needs to be some visible hip movement, but more importantly stepping between stances needs to improve - are the feet following the correct pattern?

Additional stances and techniques

1.	Morote-uke	Augmented block
2.	Nukite:	Spear hand
3.	Ura-zuki:	Close punch
4.	Uraken:	Back fist
5.	Yoko geri-keage:	Side snap kick
6.	Kiba-dachi:	Horse or straddle stance
7.	Koshi-gamae:	Hip preparatory position
8.	Sanbon-zuki:	Treble punch

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to ten in Japanese and correctly answer previous questions and the following questions:

1. What is *kumite*?
2. What is a *ki-ai*?
3. What does *yame* mean?
4. What does *ude* mean?
5. What does *heian* mean?
6. Why is it important to do warm up exercises before practising Karate?

8th KYU (YELLOW BELT)

KIHON (Basic Techniques)

To meet the requirements for this grade you must show that you can move quickly between the basic techniques you have already been taught in short sequences, demonstrate the knife hand block in back stance and the terminology requirement. Several new techniques will be introduced. The kata is slightly more complex introducing hammer fist strike, the use of rising blocks, knife hand techniques and change of stance direction.

Technically there needs to be some visible hip movement, but more importantly stepping between stances needs to improve - are the feet following the correct pattern?

Additional stances and techniques

1	Morote-uke	Augmented block
2.	Te-osai-uke:	Hand pressing block
3.	Haiwan-uke:	Back arm block
4.	Nukite:	Spear hand
5.	Gyaku-nukite:	Reverse spear hand
6.	Ura-zuki:	Close punch
7.	Uraken:	Back fist
8.	Yoko geri-keage:	Side snap kick
9.	Kiba-dachi:	Horse or straddle stance
10.	Gyaku-hanmi:	Reverse half body
11.	Koshi-gamae:	Hip preparatory position
12.	Sanbon-zuki:	Treble punch

KNOWLEDGE AND UNDERSTANDING

You must be able to count to ten in Japanese and correctly answer previous questions and the following questions:

1. What is *kumite*?
2. What is a *ki-ai*?
3. What does *yame* mean?
4. What does *ude* mean?
5. What does *heian* mean?
6. Why is it important to do warm up exercises before practising Karate (over sixteen's only)?

<u>KATA</u>	Heian Shodan plus basic oyo and bunkai (Over sixteens only). All previous kata.	
<u>KUMITE</u>	GOHON KUMITE – With partner – both sides.	
	Attack	Defend
	Jodan oi-zuki:	Age-uke / counter with chudan gyaku-zuki
	Chudan -oi-zuki:	Soto-ude-uke/ counter with chudan gyaku-zuki

7th MON (ORANGE BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirements of this grade you will have to show you can follow the basic techniques you have been practising with an appropriate attacking or kicking technique. This will involve using front stance, back stance, and horse stance. You will have to demonstrate the newly introduced kicks.

Additional stances and techniques

1.	Gyaku age empi-uchi:	Reverse rising elbow strike
2.	Tate shuto-uke/uchi:	Vertical knife hand block/strike
3.	Mae-ashi mae-geri-keage/kekomi:	Front leg snapping/thrusting kick
4.	Mikazuki-geri:	Crescent kick
5.	Yuri-ashi:	Sliding movement
6.	Gyaku shuto-uchi:	Reverse knife hand strike
7.	Yoko geri-kekomi	Side thrust kick

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to fifteen in Japanese and correctly answer all previous questions and the following questions:

1. What is the Japanese for bow?
2. What is the Japanese for turn?
3. What is the Japanese for begin?
4. Why do you bow on entering and leaving the dojo?

7th KYU (ORANGE BELT)

KIHON (Basic Techniques)

To meet the requirements of this grade you will have to show you can follow the basic techniques you have been practising with an appropriate attacking or kicking technique. This will involve using front stance, back stance, and horse stance. You will have to demonstrate the newly introduced kicks. The kata is more complicated and introduces reverse half facing stances as well as the use of the spear hand.

Additional stances and techniques

1.	Ryoken-koshi-gamae:	Double hip preparatory position
2.	Gyaku age empi-uchi:	Reverse rising elbow strike
3.	Yoko /otoshi empi-uchi:	Side/dropping elbow strike
4.	Tate shuto-uke/uchi:	Vertical knife hand block/strike
5.	Mae-ashi mae-geri-keage/kekomi:	Front leg snapping/thrusting kick
6.	Fumikomi-geri:	Stamping kick
7.	Mikazuki-geri:	Crescent kick
8.	Yuri-ashi:	Sliding movement
9.	Kosa-uke:	Crossing block
10.	Gyaku shuto-uchi:	Reverse knife hand strike
11.	Yoko geri-kekomi	Side thrust kick

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to fifteen in Japanese and correctly answer all previous questions and the following questions:

1. What is oyo and *bunkai*?
2. What is the Japanese for bow?
3. What is the Japanese for turn?
4. What is the Japanese for begin?
5. Why do you bow on entering and leaving the dojo?

<u>KATA</u>	Heian Nidan plus basic oyo and bunkai (over sixteens only). All previous kata.	
<u>KUMITE</u>	IPPON KUMITE (one step sparring) – with partner	
	Attack	Defend
	Jodan oi-zuki	Age-uke/chudan gyaku-zuki
	Chudan oi-zuki	Soto-ude-uke/chudan gyaku-zuki
	Chudan mae-geri	Gedan-barai/chudan gyaku-zuki

6TH MON (GREEN BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirements for this grade you must start to show the dynamic hip action and smooth stepping techniques that generate power into the basic techniques you have been taught. You will have to demonstrate these techniques – punches, kicks and blocks – in the three core stances and in short sequences. The sequences will now involve kicking techniques off the front and rear leg. You must be demonstrating controlled aggression and focus in your kumite.

Additional stances and techniques

1.	Juji-uke:	X-block
2.	Kizami-zuki:	Front snapping punch
3.	Hiza-uchi:	Knee strike
4.	Mawashi-geri:	Roundhouse kick
5.	Neko-ashi-dachi:	Cat stance

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to twenty in Japanese and correctly answer all previous questions and the following:

1. Who was *Gichin Funakoshi*?
2. What is the Japanese for right and left?
3. What is the Japanese for edge of the foot?
4. What is the Japanese for edge of the hand?

6th KYU (GREEN BELT)

KIHON (Basic Techniques)

To meet the requirements for this grade you must start to show the dynamic hip action and smooth stepping techniques that generate power into the basic techniques you have been taught. You will have to demonstrate these techniques – punches, kicks and blocks – in the three core stances and in short sequences. The sequences will now involve kicking techniques off the front and rear leg. You must be demonstrating controlled aggression and focus in your kumite. The kata also expands and introduces stamping kicks.

Additional stances and techniques

1.	Kakiwake-uke:	Wedge block
2.	Juji-uke:	X-block
3.	Kizami-zuki:	Front snapping punch
4.	Morote-kubi-osae:	Two handed neck press/hold
5.	Hiza-uchi:	Knee strike
7.	Mawashi-geri:	Roundhouse kick
8.	Neko-ashi-dachi:	Cat stance

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to twenty in Japanese and correctly answer all previous questions and the following:

1. Who was *Gichin Funakoshi*?
2. Why was the name Shotokan taken for this style of Karate?
3. What is the Japanese for right and left?
4. What is the Japanese for edge of the foot?
5. What is the Japanese for edge of the hand?
6. What is *mokusû*?

KATA

Heian Sandan plus basic oyo and bunkai (over sixteens only). All previous kata.

KUMITE

A) IPPON KUMITE: with partner - left and right sides

Attack

Defend

Jodan oi-zuki

Age-uke/jodan gyaku age empi-uchi

Chudan oi-zuki

Soto ude-uke in zenkutsu dachi/ chudan yoko empi-uchi in kiba dachi

Chudan mae-geri

Gyaku gedan-barai/jodan kizami-zuki/chudan gyaku-zuki

B) SANBON KUMITE – with partner – left and right sides

Attack

Defend

Jodan oi-zuki, chudan oi- zuki,
chudan mae-geri

Age-uke, soto ude-uke, gedan-barai, chudan gyaku-zuki

5th MON (BLUE BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirements of this grade you need to show that you are starting to understand how to generate power, speed and strength. Technically, you should be capable of kicking to various heights, delivering techniques in strong and balanced stances. The sequences you will be expected to demonstrate will be longer and will have a greater variety of stances and foot movements. L stance will be introduced, as will new open-handed techniques

Additional stances and techniques

1.	Nagashi-uke:	Sweeping block
2.	Manji-uke:	High-low block
3.	Kagi-zuki:	Hook punch
4.	Koho-tsuki-age:	Uppercut punch to the rear
5.	Renoji-dachi:	L-stance
6.	Haito-uchi	Ridge hand strike
7.	Juji-uke	Crossing block

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to forty in Japanese and correctly answer all previous questions and the following questions:

1. Which three big Okinawan Karate Schools cultivated different karate styles?
2. What is the Japanese for ankle?
3. Can you name two anatomical features of the foot in Japanese?
4. Can you name two anatomical features of the head or face in Japanese?

5th KYU (BLUE BELT)

KIHON (Basic Techniques)

To meet the requirements of this grade you need to show that you are starting to understand how to generate power, speed and strength. Technically, you should be capable of kicking to various heights, delivering techniques in strong and balanced stances. The sequences you will be expected to demonstrate will be longer and will have a greater variety of stances and foot movements. L stance will be introduced, as will new open-handed techniques.

Additional stances and techniques

1.	Nagashi-uke:	Sweeping block
2.	Manji-uke:	High-low block
3.	Kagi-zuki:	Hook punch
4.	Koho-tsuki-age:	Uppercut punch to the rear
5.	Renoji-dachi:	L-stance
6.	Haito-uchi	Ridge hand strike
7.	Juji-uke	Crossing block

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to forty in Japanese and correctly answer all previous questions and the following questions:

1. Which three big Okinawan Karate Schools cultivated different karate styles?
2. What is the Japanese for ankle?
3. Can you name three anatomical features of the foot in Japanese?
4. Can you name three anatomical features of the head or face in Japanese?

<u>KATA</u>	Heian Yondan plus basic oyo and bunkai (over sixteens only). All previous kata.	
<u>KUMITE</u>	A) IPPON KUMITE: with partner – left and right sides	
	Attack	Defend
	Jodan oi-zuki	Sokumen jodan uke/yoko-geri keage/chudan yoko empi-uchi in kiba – dachi
	Chudan oi-zuki	Chudan uchi ude-uke/jodan kizami-zuki/chudan gyaku-zuki
	Chudan mae-geri	Gedan juji-uke/jodan shuto juji-uchi
	Chudan yoko geri-kekomi	Chudan soto ude-uke/chudan gyaku-zuki
	Jodan mawashi-geri	Jodan haiwan-uke/chudan gyaku -zuki
	B) SANBON KUMITE: with partner – left and right sides	
	Attack	Defend
	Jodan oi-zuki, chudan oi - zuki, chudan mae-geri	Age-uke, uchi-ude-uke, gyaku gedan-barai followed by jodan kizami-zuki, chudan gyaku-zuki

4TH MON (PURPLE BELT/WHITE STRIPE)

KIHON (Basic Techniques)

To meet the requirement of this grade you need to show that you can balance correctly when kicking off the front leg, and not simply leaning back into a kick. You will have been introduced to hand techniques with a variety of angles, directions and hand forms and your ability to slightly vary your hip movement according to the timing of these strikes and show that you can generate power in techniques following a kick by snapping and withdrawing the kicking foot at speed. Close range techniques will also be introduced.

The syllabus starts to expand now. The sequences vary with some ending up in a reverse position, others not, but all should show good movement in and out of the reverse position. Kicking from a solid reverse punch posture that is maintained in the kick helps to develop the upper body and improves balance. Front leg kicking should be done without shifting too much weight backwards and should still snap well.

Sequences ending in a horse stance are introduced to use a drop-in weight into this stance. There should be a distinct difference between the sidekicks. A good indicator in kumite at this stage is not just the defence, but a strong attack.

Your kihon ippon kumite will also be enhanced to enable you to focus on developing your own sequences.

Additional stances and techniques

1.	Haishu-uke:	Back hand block
2.	Nami-gaeshi:	Returning wave kick
3.	Sokumen-uke:	Side block
4.	Sukui-uke	Scooping bock

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to fifty in Japanese and correctly answer all previous questions and the following:

1. Can you name two other styles of karate-do?
2. What is a *Shihan*?
3. What does *arigato* and *domo-arigato* mean?
4. Can you name one of the great karate masters who taught Gichin Funikoshi?
5. What is the Japanese for body evasion?
6. What is the Japanese for the throat?
7. Can you describe the closing ceremony? (Over sixteens only)

4TH KYU (PURPLE BELT)

KIHON (Basic Techniques)

To meet the requirement of this grade you need to show that you can balance correctly when kicking off the front leg, and not simply leaning back into a kick. You will have been introduced to hand techniques with a variety of angles, directions and hand forms and your ability to slightly vary your hip movement according to the timing of these strikes and show that you can generate power in techniques following a kick by snapping and withdrawing the kicking foot at speed. Close range techniques will also be introduced.

The syllabus starts to expand now. The sequences vary with some ending up in a reverse position, others not, but all should show good movement in and out of the reverse position. Kicking from a solid reverse punch posture that is maintained in the kick helps to develop the upper body and improves balance. Front leg kicking should be done without shifting too much weight backwards and should still snap well.

Sequences ending in a horse stance are introduced to use a drop-in weight into this stance. There should be a distinct difference between the sidekicks. A good indicator in kumite at this stage is not just the defence, but a strong attack.

Your kihon ippon kumite will also be enhanced to enable you to focus on developing your own sequences.

Additional stances and techniques

1.	Haishu-uke:	Back hand block
2.	Nami-gaeshi:	Returning wave kick
3.	Sokumen-uke:	Side block
4.	Ushiro-geri:	Back kick
5.	Sukui-uke	Scooping bock

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to fifty-five in Japanese and correctly answer all previous questions and the following:

1. Can you name two other styles of karate-do?
2. What is a *Shihan*?
3. What does *arigato* and *domo-arigato* mean?
4. Can you name one of the great karate masters who taught Gichin Funikoshi?
5. What is the Japanese for body evasion?
6. What is the Japanese for the throat?
7. Can you describe the closing ceremony? (Over sixteens only)

KATA

Heian Godan plus oyo and bunkai (over sixteens only). All previous kata.

4TH KYU (PURPLE BELT) continued

KUMITE	A) IPPON KUMITE: with partner. Left and right sides	
	Attack	Defend
	Jodan oi- zuki	Jodan haishu juji-uke/chudan mawashi-geri/chudan ushiro mawashi empi-uchi
	Chudan oi-zuki	Chudan shuto-uke in kokutsu - dachi/chudan kizami-geri/ chudan tate shihon nukite in zenkutsu dachi
	Chudan mae-geri	Gedan-barai in neko-ashi-dachi/chudan tate-shuto-uke/ chudan mae-empi-uchi in zenkutsu dachi
	Chudan yoko-geri-kekomi	Chudan haiwan-uke in fudo-dachi/jodan gyaku haito-uchi in zenkutsu-dachi
	Jodan mawashi-geri	Tate heiko shuto-uke/chudan morote-yoko-empi-uchi (all in kiba dachi)
	B) SANBON KUMITE: with partner. Left and right sides	
	Attack	Defend
	Jodan oi-zuki, chudan oi- zuki, chudan mae-geri	Haiwan-uke, morote uchi ude-uke, sukui-uke, gyaku-zuki. (Blocks in kokutsu-dachi, counter punch in zenkutsu-dachi)

3RD KYU (BROWN BELT)

KIHON (Basic Techniques)

You are going to be tested to a grade where the syllabus will start to rapidly expand in front of you, with free sparring, pad work and kata application being introduced and a completely new form of kumite - jiyu ippon kumite. kata, all much longer than the ones you already know, will be introduced.

You will be asked to do the simplest technique to the most complex combinations you have seen so far, and you need to be showing that your body movements are coordinated. There will only be a few techniques introduced, but the stances will change to produce more dynamic body mechanics. The kata you must perform has a pattern which looks simplistic at first but maintaining good posture whilst delivering short range techniques with power will provide a demanding test of your technical ability.

You will also be asked to take the warmup as part of your teaching requirements.

The kihon does not need to be enough for dan grade, but you need to be ready for a rapid increase in technical variation. Kihon kumite will include non-prescribed sequences. Break-falling will be introduced.

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to seventy in Japanese and correctly all questions from anywhere in the syllabus and the following:

1. What is a *Hanshi*?
2. What does *karate ni sente nashi* mean and why is it so important?
3. In what year was Gichin Funakoshi born and in what year did he die?

Additional stances and techniques

1.	Soete-uke:	Hand assisted block
2.	Kaeshi-dori:	Open handed grasp
3.	Hasami-uchi:	Scissors strike
4.	Seiryuto-uchi:	Ox jaw strike
5.	Yama-zuki:	Wide U punch (mountain punch)
6.	Gedan-kesage:	Downward thrust kick
7.	Fudo-dachi:	Rooted stance
8.	Shiko-dachi:	Square or sumo stance

3RD KYU (BROWN BELT) continued

<u>KATA</u>	Tekki Shodan plus oyo and bunkai (for over sixteens). All previous kata.	
<u>KUMITE</u>	A) IPPON KUMITE – All previous sets plus pre-arranged sequence: with partner. Left and right sides	
	Attack	Defend
	Jodan oi- zuki	Jodan age-uke/chudan mae-geri/jodan tate empi-uchi
	Chudan oi-zuki	Chudan empi-uke/jodan ushiro mawashi empi-uchi
	Mae-geri	Sukui-uke (kokutsu-dachi)/chudan gyaku-zuki
	Chudan yoko-geri-kekomi	Ushiro gedan-barai/chudan yoko-geri-kekomi/ chudan yoko-empi-uchi
	Jodan mawashi-geri:	Jodan soto-ude-uke/chudan mae-ashi mae-geri/ chudan gyaku-zuki
	B) IPPON KUMITE - full sequence of attacks with blocks and counters (not pre-arranged)	
	C) SANBON KUMITE – all sets	
	D) JIYU IPPON KUMITE – Sets 1 & 2	
	Set 1: Jodan oi-zuki	Jodan tate-shuto-uke/migi chudan gyaku-zuki
	Set 1: Chudan oi-zuki	Chudan soto-ude-uke/migi chudan gyaku-zuki
	Set 1: Mae-geri	Gedan-barai/migi chudan gyaku-zuki
	Set 2: Jodan oi-zuki	Jodan nagashi-uke doji chudan gyaku ura-zuki.
	Set 2: Chudan oi-zuki	Gedan seiryuto-uke/jodan uraken-uchi
	Set 2: Chudan mae-geri	Gedan-barai/tate shuto/jodan choku-zuki
		E) JYU KUMITE – minimum 4 minutes (all ages).

2nd KYU – BROWN BELT/WHITE STRIPE

KIHON (Basic Techniques)

The kata is the longest you will have learnt and should be performed with fortitude. Then you will be introduced to a variety of new hand techniques and two new stances. In addition, dynamic and isolated pad work will be used to test the jiyu section is performed from jiyu dachi and ends in jiyu dachi. This is to start developing ideas for jiyu kumite. This section should still be powerful but have a slightly lighter feel; when performing solo there should be variation in technical aspects (eg heel up or down in reverse punch) to start introducing creativity to obtain an objective, in this case trying to score a point.

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to eighty in Japanese and correctly answer all questions from anywhere in the syllabus including the following:

1. What does *kime* mean?
2. What is a *gasshuku*?
3. What are the important components of a warmup for adults?

Additional stances and techniques

1.	Tachi-hiza:	Kneeling position in which one knee rests on the floor alongside the foot of the other leg
2.	Kami-zukami:	Hair grab
3.	Otoshi-zuki:	Dropping or downward punch
4.	Joho-kaiten-kobi:	Upwards turning jump
5.	Multi combinations in both traditional and jiyu-dachi using previous techniques and techniques listed above	

KATA

Bassai Dai plus oyo and bunkai (for over sixteens). All previous kata.

KUMITE

A) IPPON KUMITE: with partner. All previous sets plus full sequence of attacks with blocks and counters (not pre-arranged)

B) SANBON KUMITE – all sets

C) JIYU IPPON KUMITE – Previous sets plus sets three & four

Set 3: Jodan oi-zuki	Jodan age-uke/kizami mawashi-geri/chudan gyaku-zuki.
Set 3: Chudan oi-zuki	Chudan gyaku-zuki
Set 3: Mae-geri	Gedan juji-uke/jodan yoko-shuto-uchi
Set 3: Chudan yoko-geri- kekomi	Chudan soto ude-uke/chudan gyaku-zuki
Set 3: Jodan mawashi-geri	Jodan haiwan-uke/chudan gyaku-zuki.

2nd KYU – BROWN BELT/WHITE STRIPE continued

<u>KUMITE</u>	Set 4: Jodan oi-zuki	Jodan hirate-barai/chudan teisho-uchi
	Set 4: Chudan oi-zuki	Deai chudan mae-geri & gedan-barai/jodan kizami-zuki
	Set 4: Mae-geri	Gedan osae uke/nagashi uke/chudan gyaku- zuki
	Set 4: Chudan yoko-geri- kekomi	Awase seiryuto- uke/jodan tate-zuki
	Set 4: Jodan mawashi-geri	Gyaku oi-zuki/shuto-uchi
	D) JIYU KUMITE - minimum five minutes (all grades)	

1st KYU – BROWN BELT/BLACK STRIPE

KIHON

Previously your competence has been assessed on your skill and knowledge. Now your understanding of what you are doing will be tested by pushing you to perform long combinations of techniques in seamless sequence whilst conforming to the requirement to keep your stances grounded and hips rotating to deliver power to offensive or defensive actions.

The semi free basics drills will need to reflect what they are training for – fighting. You need to be showing that your defence is subtle yet strong, and the counter is quick – moving inside the effective range and then getting back outside it once the point is scored.

The kata required at this grade is different from Bassai Dai in its origin and this means it must be performed differently. Bassai is about bold power generation and strong posture. The origin of the kata is uncertain and was previously known as Wanshu until Funakoshi Sensei changed its name to Enpi.

KNOWLEDGE AND UNDERSTANDING.

You must be able to count to one hundred in Japanese and correctly answer questions from anywhere in the syllabus.

You will be expected to pass an oral examination to assess your character, thinking and maturity.

Additional stances and techniques

1.	Jiai no kamae	Posture of benevolence
2.	Yumi-zuki	Bow punch
3.	Hangestsu - dachi	Half-moon stance
4.	Yokoken-ate	Side fist smash
5.	Kake-dori	Hooking grasp
6.	Kaishu yama-gamae	Open handed mountain posture
7.	Kaishu ryowan-gamae	Open handed downward posture
8.	Engetsu-kaeshi	Sweeping arcing circle turn
9.	Sashi-ashi	Stepping across
10.	Hazushi-te	Pulling away hand
11.	Kaishin	Open the mind (or heart)
12.	Heishin	Close the mind (or heart)
13.	Ryo-ude mawashi-uke	Double arm circular block
14.	Tobi-geri	Jumping kick

1st KYU – BROWN BELT/BLACK STRIPE continued

<u>KATA</u>	Enpi including oyo and bunkai (for over sixteens). All previous kata.	
<u>KUMITE</u>	A) IPPON KUMITE: with partner. All previous sets plus full sequence of attacks with blocks and counters (not pre-arranged)	
	B) SANBON KUMITE – all sets	
	C) JIYU IPPON KUMITE – all previous sets plus set five	
	Set 5: Jodan oi-zuki	Osae-uke/chudan tobi-geri/jodan yoko uraken-uchi
	Set 5: Chudan oi-zuki	Gyaku gedan-barai/jodan ushiro mawashi-geri/ashi-barai/jodan gyaku-zuki
	Set 5: Chudan mae-geri	Gedan - barai/ashi- barai/gyaku -zuki
	Set 5: Chudan yoko-geri- kekomi	Haiwan-uke/ushiro mawashi empi-uchi
	Set 5: Jodan mawashi-geri	Jodan heiko - uke (in hiza kakushi-dachi)/jodan mawashi-geri
	D) JIYU KUMITE - minimum six minutes (all ages)	

Telephone: 07940 565046

Web site: www.kaizenmartialarts.co.uk

E-mail: jimreece@kaizenmartialarts.co.uk