

KIHON (Basics)	KATA	KUMITE
<p><b>Novice to 9th Kyu - White to Orange</b></p> <ol style="list-style-type: none"> <li>Jodan oi-tsuki</li> <li>Chudan oi-tsuki</li> <li>Jodan age-uke</li> <li>Chudan soto-uke</li> <li>Jodan mae-geri</li> <li>Chudan mae-geri</li> </ol>	<p><a href="#">Kihon Kata</a></p> <p>click above to see a diagram of Taikyoku Shodan (Kihon Kata)</p>	<p>Sanbon or Gohon Kumite - Step-in punch to the Face, Step-in punch to the Body</p>
<p><b>9th Kyu to 8th Kyu - Orange to Red</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>Chudan uchi-uke</li> <li>Chudan shuto-uke</li> <li>Yoko-geri keage</li> <li>Yoko-geri kekomi</li> </ol>	<p><a href="#">Heian Shodan</a></p> <p>click above to see a diagram of Heian Shodan</p>	<p>Sanbon or Gohon Kumite - Step-in punch to the Face, Step-in punch to the Body</p>
<p><b>8th Kyu to 7th Kyu - Red to Yellow</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>Age-uke, gyaku-tsuki</li> <li>Soto-uke, gyaku-tsuki</li> <li>Uchi-uke, gyaku-tsuki</li> </ol>	<p><a href="#">Heian Nidan</a></p> <p>click above to see a diagram of Heian Nidan</p>	<p>Sanbon or Gohon Kumite - jodan &amp; chudan oi tsuki attack</p>
<p><b>7th Kyu to 6th Kyu - Yellow to Green</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>Sanbon tsuki</li> <li>Soto-uke, empi-uchi</li> </ol>	<p><a href="#">Heian Sandan</a></p> <p>click above to see a diagram of Heian Sandan</p>	<p>Kihon ippon kumite</p> <p>jodan and chudan oi-tsuki attacks from right and left sides</p>
<p><b>6th Kyu to 5th Kyu - Green to Purple</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>Age-uke, gyaku-tsuki, gedan-barai</li> <li>Soto-uke, empi-uchi, uraken</li> <li>Uchi-uke, kizami-tsuki, gyaku-tsuki</li> <li>Shoto-uke, nukite</li> </ol>	<p><a href="#">Heian Yondan</a></p> <p>click above to see a diagram of Heian Yondan</p>	<p>As previous grading plus:</p> <p>chudan mae-geri attacks</p>

## Intermediate's Grading Syllabus

<p><b>5th Kyu to 4th Kyu - Purple to Purple/White</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>1. Soto-uke, empi-uchi, uraken, gyaku-tsuki</li> <li>2. Shoto-uke, front leg (kizami) mae-geri, nukite</li> <li>3. Yoko-geri kekomi (from zenkutsu-dachi stance)</li> <li>4. Mawashi-geri</li> </ol>	<p><a href="#">Heian Godan</a></p> <p>click above to see a diagram of Heian Godan</p>	<p>As previous grading plus:</p> <p>chudan yoko-geri kekomi</p>
<p><b>4th Kyu to 3rd Kyu - Purple/White to Brown</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>1. Shoto-uke, empi-uchi, uraken, gyaku-tsuki, gedan-barai</li> <li>2. Uchi-uke, kizami-tsuki, gyaku-tsuki, gedan-barai</li> <li>3. Ushiro-geri</li> </ol>	<p><a href="#">Tekki Shodan</a></p> <p>click above to see a diagram of Tekki Shodan</p>	<p>As previous grading plus:</p> <p>jodan mawashi-geri attack</p>
<p><b>3rd Kyu to 2nd Kyu - Brown to Brown/White</b></p> <ol style="list-style-type: none"> <li>1. Mae-geri, oi-tsuki, gyaku-tsuki</li> <li>2. Yoko-geri, uraken, gyaku-tsuki</li> <li>3. Mawashi-geri, uraken, gyaku-tsuki</li> <li>4. Ushiro-geri, uraken, gyaku-tsuki</li> </ol>	<p><a href="#">Bassai Dai</a></p>	<p>Jiyu-ippou kumite with jodan and chudan oi-tsuki, chudan mae-geri, and chudan yoko-geri, jodan mawashi-geri and chudan ushiro-geri attacks. All attacks are with right side only</p>
<p><b>2nd Kyu to 1st Kyu - Brown/White to Brown/White/White</b></p> <p>As previous grading plus:</p> <ol style="list-style-type: none"> <li>1. Kizami-tsuki, oi-tsuki, gyaku-tsuki</li> <li>2. Mae-geri, yoko-geri, mawashi-geri, ushiro-geri, uraken, gyaku-tsuki</li> </ol>	<p><a href="#">Bassai Dai</a></p> <p>Examiner chooses from any Heian kata or Tekki</p>	<p>Jiyu Ippou Kumite - 6 pre-arranged attacks</p> <p>Jiyu Kumite</p>

## Senior's Grading Syllabus

<p><b>1st Kyu to 1st Dan</b></p> <ol style="list-style-type: none"> <li>1. Kizami-tsuki, oi-tsuki, gyaku-tsuki</li> <li>2. Mae-geri, oi-tsuki, gyaku-tsuki</li> <li>3. Yoko-geri, uraken, gyaku-tsuki</li> <li>4. Mawashi-geri, uraken, gyaku-tsuki</li> <li>5. Ushiro-geri, uraken, gyaku-tsuki</li> <li>6. Mae-geri, yoko-geri, mawashi-geri, ushiro-geri, uraken, gyaku-tsuki</li> <li>7. Mae-geri, ok-tsuki, gyaku-tsuki, step back gedan-barai, gyaku-tsuki, yoko-geri kekomi, uraken, oi-tsuki</li> <li>8. Same leg, mae-geri, yoko-geri, ushiro-geri, all whilst maintaining balance</li> </ol>	<p style="text-align: center;"><a href="#"><u>Bassai Dai</u></a></p> <p>Examiner chooses from any Heian kata or Tekki</p>	<p>Jiyu Ippon Kumite - 6 pre-arranged attacks</p> <p>Jiyu Kumite</p>
<p><b>1st Dan to 2nd Dan</b></p> <ol style="list-style-type: none"> <li>1. Mae-geri, ok-tsuki, gyaku-tsuki</li> <li>2. Yoko-geri, uraken, gyaku-tsuki</li> <li>3. Mawashi-geri, uraken, gyaku-tsuki</li> <li>4. Ushiro-geri, uraken, gyaku-tsuki</li> <li>5. Mae-geri chudan, same leg mawashi-geri jodan, uraken, gyaku-tsuki</li> <li>6. Mawash-geri jodan, same leg yoko-geri kekomi chudan, uraken, gyaku-tsuki</li> <li>7. Mae-geri, yoko-geri, mawashi-geri, ushiro-geri, uraken, gyaku-tsuki</li> <li>8. Mawashi-geri, uraken, gyaku-tsuki, step back nagashi-uke, gyaku-tsuki, ushiro-geri, uraken, oi-tsuki</li> <li>9. Same leg, mae-geri, yoko-geri, ushiro-geri, mawashi-geri, all whilst maintaining balance</li> </ol>	<p>Candidate chooses from Bassai Sho, Kanku Sho, Nijushiho, Tekki Nidan, or Jitte</p> <p>Examiner chooses from Bassai Dai, Kanku Dai, Empi, Jion or Hugetsu</p>	<p>Jiyu Ippon Kumite - any 5 unannounced attacks, not pre-arranged</p> <p>Jiyu Kumite</p>
<p><b>2nd Dan to 3rd Dan</b></p> <p>Any 1st or 2nd Dan combinations plus:</p> <ol style="list-style-type: none"> <li>1. Kizami-tsuki, gyaku-tsuki, mawashi-geri, uraken, gyaku-tsuki, step back gedan-barai, gyaku-tsuki, rear leg mae-geri and step back, ushiro-geri, uraken, gyaku-tsuki</li> </ol>	<p>Candidate chooses from Sochin, Unsu, Gankaku, Chinte or Gojushiho Sho</p> <p>Examiner chooses from Bassai Sho, Kanku Sho,</p>	<p>Kaisho Ippon Kumite - pre-arranged attacks as for 1st Dan grading</p> <p>Jiyu Kumite</p>

## Advanced Grading Syllabus

<p><b>3rd Dan to 4th Dan</b></p> <p>Any 1st or 2nd Dan combinations plus: gedan-barai and uchi-uke with same arm, kizami-tsuki, gyaku-tsuki, four turning gyaku-tsuki attacks, turn behind with haito-uchi, mawashi-geri,</p>	<p>Candidate chooses from Rohai, Jiin, Wankan, Tekki Sandan or Gojushiho Dai</p>	<p>Demonstration of between 3 and 5 favourite kumite techniques</p>
	<p>Examiner chooses from Sochin, Unsu, Gankaku, Chinte or Gojushiho Sho</p>	<p>Jiyu Kumite</p>
<p><b>4th Dan to 5th Dan</b></p> <p>As previous grading plus: A 1500-2000 word thesis on any aspect of Karate-Do</p>	<p>Candidate chooses from any Kata from Shodan syllabus and above</p> <p>Examiner chooses from any two Kata from Shodan syllabus and above. Demonstration of applications will be requested of any techniques from performed katas</p>	<p>As previous grading</p>
<p><b>5th Dan to 6th Dan</b></p> <p>A written Karate CV and a 1500-2000 word thesis on any aspect of Karate-Do</p>	<p>As previous grading</p>	<p>As previous grading</p>